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A

CHOICE MANVAL

OF

Rare and Select

SECRETS

IN

PHYSICK

AND

CHYRURGERY;

Collected and practiſed by the Right Honourable, the Counteſſe of *Kent* late deceaſed.

As alſo moſt Exquiſite ways of Preſerving, Conſerving, Candying, &c.

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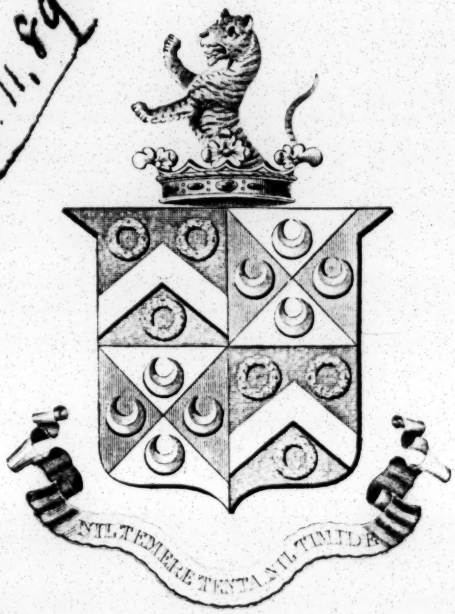

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H. Stopes

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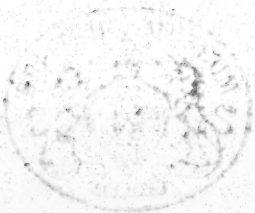

To the Vertuous and moſt Noble Lady, *Letitia Popham*, Wife of the Honorable and truly Valiant Colonel *Alexander Popham*.

Thrice Noble and truly Vertuous Lady,

AFter mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occurred more probable, then this ſmall Manual; which was once eſteemed as a rich Cabinet of knowledge, by a perſon truly Honourable. May it auſpitiouſly procure but your Honours like friendly Eſtimation, and then I doubt not, but it will find a univerſal acceptance amongſt perſons of greateſt Eminency. Sure I am, it may be juſtly deemed as a rich magazene of experience, having long ſince taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for the preſent is my boldneſſe might be favourably excuſed, ſince twas my lawful ambition, thereby to avoid ingratitude for the many ſingular favours I have already received from your endeared truly Honourable Husband, my always true noble friend, and moſt happy Countryman. God multiply his bleſſings on all your noble Family, and make you no leſſe honorable here on Earth, then Eternally happy hereafter: which ſhall be the dayly prayer of him, whoſe higheſt Emulation is.

In all due ways abundantly

to Honour and Serve you.

 W. J.

TO THE READER.

Courteous Reader.

Well remembring that we are al born for the weal-publike good: I here tender to thy peruſal this ſmall, and yet moſt excellent Treatiſe, *Entituled,* A choice Manual of rare and Select Secrets in Phyſick. *If thereby thou ſuck abundance of Profit, I ſhall be ſuperlatively glad, but if any, or perchance many unlookd for miſtakes, for want of a due application, bids thee entertain contrary thoughts, the effect not anſwering thy curious expectation, upon a more ſerious reflex, know, that nothing is abſolutely perfect, and withal, that the richeſt and moſt ſoveraign Antidote may be often miſapplied: wherefore the fault not being mine, excuſe and ceaſe to cenſure: For which juſt, and but reaſonable favour, thou ſhalt deſervedly oblige me,*

Thine.

W. T.

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A CHOICE MANUAL, OR RARE AND SELECT SECRETS IN PHYSICK,

By the right Honourable the *Counteſs* of KENT.

A very good Medicine for a Conſumption, and Cough of the Lungs.

TAke a pound of the beſt Honey as you can get, and diſſolve it in a Pipkin, then take it off the fire, and put in two peniworth of flower of brimſtone, and two penniworth of powder of Elecampana, and two penniworth of the flower of Liquorice, and two penniworth of red Roſewater, and ſo ſtir them together, till they be all compounded together, and put it into a gallie pot, and when you uſe it, take a liquoriſh ſtick beaten at one end, and take up with it as much almoſt as

half a Wallnut, at night when you go to bed, and in the mornings fasting, or at any time in the night when you are taoubled with the Cough, and so let it melt down in your mouth by degrees.

Sr John Digbies *Medicine for the stone in the Kidnies.*

Take a pound of the finest Honey, and take seven quarts of Conduit water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise scum it, and put in twenty whole Cloves, and let them seeth softly for the space of half an hour, and so bottle it up for your use, and drink it morning and evening, at your meat, and no other drink until you are well.

A Medicine for the falling sickness.

Take a pennie weight of the powder of gold, six pennie weight of Pearl, six pennie weight of Amber, six pennie weight of Corral, eight grains of Bezar, half an ounce of Pionie seeds; Also you must put some powder of a dead mans scull that hath been an Anatomie, for a woman, and the powder of a woman for a man, compound all these together, and take as much of the powder of all these as will lie upon a two pence for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintness take three drops of oil of Cinnamon, mixed with a spoonful of Sirrup of Gelliflowers, and as much Cinnamon water, drink this for a Cordial.

Against Melancholie.

Take one spoonfull of Gilliflowers, the weight of seven barley corns of Bezer-stone, bruise it as fine as flour

flour, and ſo put it into two ſpoonfuls of Sirrup of Gilliflowers, and take it four hours after ſupper, or elſe four hours after dinner, this will cheer the heart.

If you be ſick after meat, uſe this.

Take of the beſt green Ginger is preſerved in Sirrup, ſhred it in ſmall pieces, put it into a gallie pot, and put Cinnamon water to it, then after dinner or ſupper, eat the quantitie of two nutmegs upon a knifes point.

Aqua mirabilis.

Take three pints of white wine, one pinte of *Aqua vitæ*, one pint of juice of Salandine, one drachm of Cardamer, a drachm of Mellilot flowers, a drachm of Cubebebs, a drachm of Galingal, Nutmegs, Mace, Ginger and Cloves, of each a drachm, mingle all theſe together over night, the next morning ſet them a ſtilling in a glaſſe Limbeck.

The Vertues.

This water diſſolveth ſwelling of the Lungs, and being periſhed doth help and comfort them, it ſuffereth not the blood to putrifie, he ſhall not need to be let blood that uſeth this water, it ſuffereth not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the ſtomack, it preſerveth a good colour, the viſage, memorie, and youth, it deſtroyeth the Palſie.

Take ſome three ſpoonfuls of it onee or twice a week, or oftner, morning and evening, firſt and laſt.

Another way to make Aqua mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juice of Saladine half a pint, adding the juice of Mints and Balm, of each half a pint more, and

mingle all the ſaid Spices being beaten into a powder with the juice, and with a pint of good *Aqua vitæ*, and three pints of good white wine, and put all theſe together into a pot, and let it ſtand all night being cloſe ſtopt, and in the morning ſtill it with a ſoft fire as can be, the ſtill being cloſe paſted, and a cold ſtill.

A Medicine for the Stone in the Kidnies.

Take a good handful of Pellitorie of the wall, a handful of Mead Parſley, or ſaxifrage, a handfull of wilde Thime, a handful of garden Parſley, three ſpoonfuls of Fennel ſeeds, ſix Horſe Raddiſh roots ſliced, then ſhred all theſe together, and put them in a gallon of new milk, and let them ſtand and ſteep in a cloſe pot one whole night, and then ſtill them milk and all together, this muſt be done in *May* or *June*, for then hearbs are in their beſt ſtate, and when it is taken, you muſt put two or three ſpoonfuls of this water, as much White wine as Rheniſh, and if you pleaſe a little Sugar, and ſo take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the ſame all the year, and the patient undoubtedly ſhall finde great eaſe, and void many ſtones, and much gravel with little pain.

To make Horſe Raddiſh drink.

Take half a pound of Horſe Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin, croſſe wayes on the root, then put them into ſix quarts of ſmall ale, ſuch as is ready for drinking, which being put into a Pipkin cloſe cover'd, ſet on the embers, keeping it little more then blood warm, for twelve hours, then take it off the fire, and let it ſtand to cool until the next morning, then pour the clear liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the morning, faſting two hours after,

after, and the like quantitie at four in the afternoon, this drink is excellent good againſt windes, as alſo for the ſcouring, and dropſie being taken in time.

An excellent Sirrup againſt Melancholy.

Take four quarts of the juice of Pearmains, and twice as much of the juice of Bugloſſe, and Borrage, if they be to be gotten, a drachm of the beſt Engliſh Saffron, bruiſe it, and put it into the juice, then take two drachms of *Kermes* ſmall beaten to powder, mix it alſo with the juice, ſo being mixt, put them into an earthen veſſel, covered or ſtopt fourty eight hours, then ſtrain it, and allow a pound of Sugar, to every quart of juice, and ſo boil it to the ordinary height of a ſirrup; after it is boiled, take one drachm of the ſpecies of Diamber, and two drachms of the ſpecies of *Diamargariton frigidum*, and ſo ſew the ſame ſlenderly in a linnen bag, that you may put the ſame eaſily into the bottle of ſirrup, and ſo let it hang with a thread out at the mouth of the bottle; the ſpecies muſt be put into the Sirrup in the bag, ſo ſoon as the Sirrup is off the fire, whilſt it is hot, then afterwards put it into the bottle, and there let it hang: put but a ſpoonful or two of Honey amongſt it, whilſt it is boyling, and it will make the ſcum riſe, and the Sirrup very clear.

You may adde to it, the quantity of a quarter of a pint of the juce of Balm.

An excellent receipt for the plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Treacle, beaten together in a morter, and with a little *Carduus*, or ſome ſuch water, vapour it over the fire, till it come to an electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

An excellent Cordiall.

Take the flowers of Marigolds, and lay them in ſmall ſpirit of Wine, when the tincture is fully taken out, pour it off from the flowers, & vapor it away, till it come to a conſiſtence as thick as an Electuary.

For a bruiſe, or Stich, under the Ribs.

Take five or ſix handfuls of Cabbage, ſtamp it, and ſtrain it, after it is boiled in a quart of fair water, then ſweeten it with Sugar, and drink of it a wine Glaſſe, in the morning, and at four in the afternoon, for five or ſix dayes together: then take a Cabbage leaf, and between two diſhes ſtew it, being wet firſt in Canary wine, and that lay hot to your ſide evenings and mornings.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox-gloves, and boil a handfull of them in poſſet drink, and drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and anoint the places that are ſore with that water.

A Receipt good for the Liver.

Take Turpentine, ſlice it thin, and lay it on a ſilver, or Purſlane plate, twice or thrice in the Oven with the bread till it be dry, and ſo make it into powder, every day take as much as will lie on a ſixpence in an Egg.

For Flegm, and ſtopping in the throat, and ſtomack. D. T.

Take oyl of Almonds, Linſeed oyl, buds of Orange flowers, boil all theſe in Milk, and anoint the ſtomack well with it, and lay a ſcarlet cloth next to it.

For

For an extream cold, and a cough.

Take of Hyſop water ſix ounces, of red Poppy water four ounces, ſix Dates, ten Figs, and ſlice them ſmall, a handful of Raiſins of the Sun, the weight of a ſhilling of the powder of Licorice, put theſe into the aforeſaid waters, and let them ſtand five or ſix hours upon warm embers cloſe covered, and not boil, then ſtrain forth the water, and put into it as much ſugar of Roſes as will ſweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To diſtill Triacle Water.

Take one ounce of Harts-horn ſhaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipreſſe, Turmentil, and of Citron rindes, of each one ounce, Borrage, Bugloſſe, Roſemary flours, of each two ounces, then take a pound of the beſt old Triacle, and diſſolve it ſix pints of white Wine, and 3 pints of Roſewater, ſo infuſe altogether, and diſtill it.

It is good to reſtore ſpirits, and ſpeech, and good againſt ſwouning, faintneſſe, agues, and worms, and the ſmall pox.

Triacle Water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of ſpirit of wine, ſet it in horſe-dung four or five dayes, then ſtill it in aſhes or ſand twice over, after take the bottom which is left in the Still, and put to it a pint of ſpirit of wine, and ſet it in the dung till the tincture be clean out of it, and ſtrain the clear tincture out of it, and ſet it on the fire till it become to be a thick conſiſtence, it muſt be kept with a ſoft fire. And ſo the like with Saffron.

To take away a Hoarſneſſe.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and ſo roaſt it in the embers, and eat it with Butter.

To take away the head-ach.

Take the beſt Sallade oyle, and the glaſſe half full with the tops of Poppy floures which groweth in the Corn, ſet this in the Sun a fortnight, and ſo keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade oyle, *Aqua vitæ*, and Sack, of each an equal quantity, heat them altogether, and before the fire rub the ſoles of your feet with it.

To make a Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn ſcraped very fine, then put it into a ſtone Jug, and ſet the Jug in a Kettle of water over the fire, and let it boyle two or three houres untill it jelly, then put into it three or four ſpoonfuls of Roſe-water, or White-wine, then ſtrain it: you may put into it Musk, or Ambergreece, and ſeaſon it as you pleaſe.

To make a Gliſter.

Take halfe a quart of new Milk, or three quarters, ſet it on the fire, and make it ſcalding hot, then take it off, and put into it a yoalk of a new laid Egge beaten, two ounces of brown-Sugar-candy, or black Sugar, give it the party bloud-warm.

To make a Gliſter.

Take the bone of a neck of Mutton, or Veal clean waſhed,

waſhed, ſet it on the fire to boyle in three pints of fair water, and when it is clean ſcummed, then put in the roots of Fennel and Parſely clean waſhed and ſcraped, of either of them the Roots bruiſed, a handful of Cammomile, and Mallowes a handful, let all theſe boyle together till halfe be waſted, then ſtrein it, take three quarters of a pint of this broth, brown Sugar-candy two ounces, of Oyle of Flaxſeed two ounces, mingle all theſe together, and take it for a Gliſter bloud-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfortable Cordial to cheer the Heart.

Take one ounce of conſerve of Gilliflowres, four grains of the beſt Musk bruiſed as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following; *Viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one ſpoonful of Cinnamon-water, and one ſpoonful of the Sirrup of Gilliflowres, Amber-greece, mix all theſe together, and drink them in the morning, faſting three or four hours, this is moſt comfortable.

A Cordial for Wind in the Stomack, or any Part.

Take ſix or eight ſpoonfuls of Pennyroyal water, put into it four drops of oyle of Cinnamon, ſo drink it any time of the day, ſo you faſt two hours after.

Reſtoratives.

Take a well fleſht Capon from the barn-door, and pluck out his Intrals, then waſh it within with a little White-wine, then flea off all the skin, and take out his bones, and take the fleſh, onely cut it in little pieces, and put it into a little ſtone bottle, and put

to it an ounce of white Sugar-candy, ſix Dates ſlit, with the ſtones and piths taken out, one large Mace, then ſtop the bottle up faſt, and ſet it in a Chafer of water, and let it boyle three hours, then take it out, and pour the juice from the meat, and put to it one ſpoonful of red Roſe water, and take the better part for your breakfaſt four hours before dinner, and the other part at three a clock in the afternoon, being bloud-warm.

Another Reſtorative.

Take halfe a pint of Claret wine, and halfe a pint of Ale, and make a Caudle with a new laid Egge, put in half a Nutmeg, cut into two pieces, then take it off the fire, and put in ſeven grains of Amber-greece, drink this for two breakfaſts, for it will increaſe bloud and ſtrength.

Another Reſtorative.

Take two new laid Egges, and take the whites clean from them, and put the yolks both in one ſhell, then put in two ſpoonfuls of Claret-wine, ſeven grains of Amber-greece ſmall bruiſed, and a little Sugar-candy, ſtir all theſe together, and make them bloud-warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a leg of young Mutton, cut off the skin, and the fat, take the fleſh being cut into ſmall pieces, and put it into a ſtone bottle, then put to it two ounces of raiſins of the Sun ſtoned, large Mace, an ounce and half of Sugar-candie, and ſtop the bottle very cloſe, and let it boyle in a Chafer three houres, and ſo put the juice from the meat, and keep it in a clean glaſſe, it will ſerve for three breakfaſts, or if he will, he

he may take ſome at three a clock in the afternoon being made warm.

A reſtoring Broath.

Take two ounces of Chene-roots, firſt ſlit very thin, then put it in a new Pipkin with five pints of running water, being cloſe covered, and ſo ſet it upon embers all night long, where it may be very hot, but not ſeeth, then put to that water, a great cock-Chicken, and when it is clean ſcummed, put into it two ſpoonfuls of French Barly, ſix Dates ſlit, with the pithes and ſtones taken out, two ounces of Raiſins of the Sun ſtoned, large Mace, let all theſe boyle together till half be conſumed, then take out the Cock, and beat the fleſh of it in a clean Morter, and a little of the broth, then ſtrain it altogether throughout a hair Collender, then put in two ſpoonfuls of red Roſe-water, and ſweeten it with white Sugar-candy, drink of this broth being made warm half a pint in the morning early faſting, and ſleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for a Conſumption, and the longer they taſte it, it is the better.

A Strengthening Meat.

Take Potato roots, roaſt them, or bake them, then pill them, and ſlice them into a diſh, put to it lumps of raw marrow, and a few Currans, a little whole Mace, and ſweeten it wtih Sugar to your taſte, and ſo eat it in ſtead of buttered Parſnips.

Broath for a Conſumption.

Take three Marrow-bones, break them in pieces, and boyle them in a gallon of water till half be conſumed, then ſtrain the liquor through a Collender, and let it ſtand while it be cold, then take off all the fat clean, and put the broth into a Pipkin, and put to it

it a good cock-Chicken, and a knuckle of Veal, then put into it the bottom of a white loaf, a whole Mace, 2 ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit, let all theſe boyle together till halfe be conſumed, then ſtrain it, in ſtead of Almonds take a few Piſtaties kernels, and beat them, and ſtrain them with your broths as you doe Allum milk, and ſo ſweeten it with white Sugar, and drink halfe a pint early in the morning, and at three a clock in the afternoon, and ſo continue a good while together, or elſe it will do you no good.

Another Cordial.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a breakfaſt, and another in the afternoon, this is good for the head and ſtomack.

A Cordial for a Breakfaſt faſting.

Eat a good piece of a Pomecitron preſerved, as big as your two fingers in length and breadth, and ſo at three of the clock in the afternoon.

A reſtoring Breakfaſt.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and ſtrain out the juice, with a draught of ſtrong broath, and take it for a breakfaſt, or to bedward.

A medicine for any gripings of the Belly.

Take a pint of Claret wine, put to it a ſpoonful of Parſely ſeed, and a ſpoonful of ſweet Fennel ſeed, halfe a doſen Cloves, a branch of Roſemary, a wild Mallow root clean waſht and ſcrapt, and with the pith taken out, with a good piece of Sugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drink a good draught of it in the morning faſting, and at three a cloak in the afternoon.

To keep the Body Lapintine.

Take halfe a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, and when it is diſſolved, ſtrain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Roſemary, let all theſe ſtew together while they be very tender, then eat a doſen of them with a little of the liquor an hour before dinner or ſupper, then take a draught of broth and dine.

To make the China *Broth for a Conſumption.*

Take *China* root thin ſliced two ounces, ſteep it twenty four hours in eight pints of fair water, letting it ſtand warm all the time, being cloſe covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dreſſed, and ſcum it well, then put in five leaved graſſe two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates ſliced, two or three Mace, and the bottome of a Manchet, let all theſe ſtew together, until not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones, beat them in a ſtone Morter, and ſtrain out all the juice with the broth, then ſweeten it with two ounces of white Sugar-candy in pouder, and take thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two hours before ſupper at your pleaſure, when you ſteep the root, ſlice to drachms of white Sanders, and as much red Sanders, and let them boyle in the broth.

A gentle purge.

Take yn ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour after, then take a draught of Broth, and dine.

Another

Another Purge.

Take the weight of four or five pence of Rubarb, cut it in little pieces, and take a ſpoonful or two of good Currants waſht very clean, ſo mingle them together, and ſo eat them, faſt an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Conſumption.

Take a courſe Pullet, and ſow up the belly, and an ounce of the conſerves of red Roſes, of the conſerves of Borage, and Bugloſs flours, of each of them half an ounce, Pine apple kernels, and Piſtaties of each half an ounce bruiſed in a morter, two drachms of Amber powder, all mixed together, and put in the belly, then boyle it in three quarts of water, with Egrimony, Endive, and Succory, of each one handful, Sparrowgraſs roots, Fennel roots, Caper roots, and one handful of Raiſins of the Sun ſtoned, when it is almoſt boiled, take out the Pullet, and beat it in a ſtone Morter, then put it into the liquor again, and give it three or four walmes more, then ſtrain it, and put to it a little red Roſewater, and half a pint of white wine, and ſo drink it in a morning, and ſleep after it.

To prevent miſcarrying.

Take Venice Turpentine, ſpread it on black brown paper, the breadth and length of a hand, lay it to the ſmall of her back, then give her to drink a Caudle made of Muſcadine, and put into it the husks of of twenty three ſweet Almonds dryed and finely powdred.

For Boils or Kibes, or to draw a Sore.

Take ſtrong Ale, and boil it from a pint to four ſpoon-

ſpoonfuls, and ſo keep it, it will be an ointment.

To make Cammomile Oyle.

Shred a pound of Cammomile, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pleuriſie.

Take three round Balls of Horſe-dung, boil them in a pint of white Wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, and let the Patient go to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and ſet it on the fire, and when it boils put in a pint of Ale, then take off the curd, and put in nine heads of Carduus, let it boil till half be waſted, then to every quarter of a pint, put a good ſpoonful of wheat-flower, and a quarter of a ſpoonful of groſs Pepper, and an hour before the fit, let the Patient drink a quarter of a pint, and be ſure to lye in a ſweat before the fit.

An excellent Balm for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put it into a pint of Sallet oile, and ſeeth it on a ſoft fire to ſimper, till the oile change green, then ſtrain it, and in the cooling put in two ounces of Venice Turpentine.

For an Ach.

Take of the beſt gall, white Wine Vinegar, and Aqua vitæ, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glaſs or pot, and when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the aking place, and lay a linnen cloth on it, do this mornings and evenings.

To make a Searcloth.

Viroſius Wax, *Sperma ceti*, *Venice* Turpentine, oile of White Poppy, oile of Ben, oile of ſweet Almonds.

For Wind in the ſtomack, and for the Spleen.

Take a handful of Broom, and boil it in a pint of Beer or Ale, till it be half conſumed, and drink it for the wind, and the ſtomack, and for the Spleen.

A moſt excellent Water for a Conſumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him when he is almoſt cold, cut him abroad by the back, & take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into ſuch a Still as you ſtill Roſewater in, and with a pottle of Sack, a pound of Currants, a pound of Raiſins of the Sun ſtoned, a qnarter of a pound of Dates the ſtoues taken out, and the Dates cut ſmall, two handfuls of wilde Thyme, two handfuls of Orgares, two handfuls of Pimperbal, and two handfuls of Roſemary, two handfuls of Bugloſs and Borage flours, a pottle of new Milk of a read Cow, ſtill this with a ſoft fire, put into the glaſs that the water doth drop into half a pound of Sugar Candy beaten very ſmall, one book of leaf gold cut ſmal among the Sugar, four grains of Amber greece, twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmal, and drink four ſpoonfuls at a time in the morning faſting, and an hour before ſupper, yon muſt ſhake about the glaſs when you drink it.

For a Bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a morter, and boyle them in a pint of Milk an hour, then ſtrain it very hard and annoint

For a Bruſe.

anoint your breaſt and ſtomack with it every morning and evening, and lay a red hoſe upon it.

The Eye-water for all the Infirmites, and diſeaſes of the Eye.

Take of the diſtilled water of the white wilde Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eyebright, and rue of each two ounces, of cloves an ounce and a half, of white Sugarcandie one drachm, of *Tutia* prepared four ounces, pulveriſe all theſe ingredients each by themſelves, ſaving that you muſt bruiſe the Camphire with your Sugar candy, for ſo it breaks beſt, then mix all the pouders together in a paper, put them in a ſtrong glaſſe, pour the diſtilled waters upon them, and three pints of the beſt French white Wine that can be had, ſhake it every day three or four times long together for a Moneth, and then you may uſe it: remember to keep it verr cloſe ſtopt. This is *verbatim*, as it was had from the Lord *Kelley*.

A Medicine very good for the Dropſie, or the Scurvie, and to clear the Blood.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you muſt put in four handfuls of Brooklime, four handfuls of Watercreſſes, four handfuls of Water-Mints with red ſtalks, half a peck of Scurvie-graſſe, let all theſe be clean picked, and waſhed, and dried with a cloth, and ſhred with a knife, and then put into a bag, then put in the Ale, and ſtop it cloſe, ſo that it have no vent, ſtop it with rie paſte; the beſt Scurvy graſſe groweth by the water ſide: it muſt be ſeven dayes after the things be in, before you drink it. Take two quarts of water, and put in four ounces of *Guaiacam*, two ounces of Sarſaparilla, one ounce of Saxifrage,

frage, put it into a Pipkin, and infuse it upon the embers for twelve hours, and then strain it, and put it into the Ale as soon as it hath done working, this being added makes the more Caudle.

For sore Eyes.

Take half a pint of red Rose-water, put therein four penny of Alloesuckatrinay, as much *Bole armoniack* in quantity, let this lie four and twenty hours in steep, then wash your eyes with it evenings and mornings with a feather, and it will help them.

A sirrup to strengthen the stomack, and the brain, and to make a sweet breath.

Take rindes while they be new one pound, of running water the value of five wine pints, then seeth it unto three pints, then strain it, and with one pound of Sugar seeth it to Sirrup, and when you take it from the fire put to it four grains of Musk.

For the burning in the Back.

Take the juice of Plantain, and Womans Milk, being of a woman childe, put thereto a spoonfull of Rosewater, and wet a fine cloth in the same, and so lay it to your Back where the heat is.

A very good Medicine to stay the vomiting,

Take of Spare Mince, Wormwood, and red Rose leaves dried, of each half a handful, of Rye bread grated a good handful, boil all these in red Rose water, and Vinegar, till they be somewhat tender, then put it into a linnen cloth, and lay it to the stomack as hot as you can endure it, heating it two or three times a day with such as it was boiled with.

For

For weakneſſe in the Back.

Take Nix, and Clary, and the Marrow of an Ox back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them all together, then fry them, uſe this ſix or ſeven times together, and after it drink a good draught a Baſtard, or Muſkadine.

To make a Cap for the pain and coldneſſe in the Head.

Take of Storix, and Benjamine, of both ſome twelve penniworth, and bruiſe it, then quilt it in a brown paper, and wear it behinde on your head.

To make pectoral Rowls for a Cold.

Take four ounces of ſugar finely beaten, and half an ounce of ſearced Liquorice, two grains of Muſk, and the weight of two pence of the Sirrup of Licorice, and ſo beat it up to a perfect paſte, with a little Sirrup of Horehound, and a little *Gumdragon* being ſteeped in Roſewater, then rowl them in ſmall rowls, and dry them, and ſo you may keep them all the whole year.

A proved Medicine for any one that have an Ague in their breaſt.

Take the Patients own water, or any others that is very young, and ſet it over the fire, put therein a good handful of Roſemary, and let it boil, then take two red clothes, and dip them in the water, then nip it hard, and lay it on the breaſt as hot as it may be indured, and apply it till you ſee the breaſt aſſwaged, then keep it very warm.

For the running of the reins.

Take the Pith of an Ox that goeth down the back, a pint of red Wine, and ſtrain them together through

a

a cloth, then boil them a little with a good quantitie of Cinnamon, and a Nutmeg, and large Mace, a quantity of Ambergreece, drink this first and last daily.

For Sun-burnt.

Take the juce of a Lemmon, and a little Bayſalt, and waſh your hands with it, and let them dry of themſelves, waſh them again, and you ſhall finde all the ſpots and ſtains gone.

For a pin and web, and redneſſe in the eye.

Take a pint of white Roſewater, half a pint of white Wine, as much of *Lapis caluminaris* as a Walnut bruiſed, put all theſe in a glaſſe, and ſet them in the ſun one week, and ſhake the glaſſe every day, then take it out of the Sun, and uſe it as you ſhall need.

A ſpecial Medicine to preſerve the ſight.

Take of brown Fennel, Honeyſuckles of the hedge, of wilde Daſies roots picked, and waſhed, and dried, of Pearl-wort, of Eye-bright, of red Roſes the white clipped away, of each of theſe a handful dry gathered, then ſteep all theſe Hearbs in a quart or three pints of the beſt white Wine in an earthen pot, and ſo let it lie in ſteep 2 or 3 dayes cloſe covered, ſtirring it three times a day, and ſo ſtill it with a gentle fire, making two diſtillings, and ſo keep it for your uſe.

A proved Medicine for the yellow Jaundies.

Take a pint of Muſkadine, a prettie quantity of the inner Bark of a Barbery tree, three ſpoonfuls of the greeneſt gooſe dung you can get, and take away all the white ſpots of it, lay them in ſteep all night, on the morrow ſtrain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very

very fine beaten, and give it to drink in the morning.

To make pectoral Rowles.

Take one pound of fine Sugar, of Liquorice and Anniſeeds two ſpoonfuls, of Elicampane one ſpoonful, of Amber and Corral of each a quarter of a ſpoonful, all this muſt be very finely beaten and ſearced, and then the quantity that is ſet down muſt be taken, mix all theſe powders together well, then take the white of an Egge, and beat it with a prettie quantity of Muſk, then take a brazen Morter very well ſcoured, and a ſpoonfull or two of the powders, and drop ſome of the Egge to it, ſo beat them to a paſte, then make them in little rowls, and lay them on a Plate to dry.

A plaiſter for a ſore Breaſt.

Take crums of White bread, the tops of Mint chopped ſmall, and boil them in ſtrong Ale, and make it like a poulteſſe, and when it is almoſt boiled, put in the powder of Ginger, and oil of Thyme, ſo ſpread it upon a cloth, it will both draw and heal.

A Medicine for the dead palſie, and for them that have loſt their ſpeech.

Take Borage leaves, Marigold leaves, or flours, of each a good handful, boil it in a good Ale Poſſet, the Patient muſt drink a good draught of it in the morning, and ſweat, if it be in the arms or legs, they muſt be chafed for an hour or two when they be grieved, & at meals they muſt drink of no other drink till their ſpeech come to them again, in winter if the hearbs be not to be had, the ſeeds will ſerve.

An approved Medicine for an Ach, or ſwelling.

Take the flowers of Cammomile, and Roſe leaves, of each of them a like quantity, and ſeeth them in white Wine, and make a Plaiſter thereof, and let it be laid as hot as may be ſuffered to the place grieved, and this will eaſe the pain, and aſſwage the ſwelling.

An approved Medicine for a ſtinking Breath.

Take a good quantitie of Roſemary leaves and flowers, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in powder, and put therein, and let the Patient uſe to waſh his mouth very often therewith, and this will preſently help him.

A good broth for one that is weak.

Take part of the neck of Lamb, and a prettie running fowl, and ſet them on the fire in fair ſpring water, and when it boileth, ſcum it well, ſo done, put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel root, and a Parſley root, and let them boil, if the party be grieved with heat or cold in the ſtomack; if heat, put in a handfull of Barlie boiled before in two waters, and ſome Violet leaves, Sorrel, Succory, and a little Egrimonie; if cold, put in Roſemary, Thyme, a Lillie, Marigold leaves, Borrage, and Bugloſſe, and boil this from four pints to leſſe then one.

A Receipt for Purging, D.T.

Take the leaves of new Sene ſix ounces, of choſen Rubarb one ounce and halfe, leaves of Sage, red Dock roots of each an ounce, of Barberies half an ounce

Cinna-

Cinnamon and Nutmegs of each an ounce, Anniſeeds and Fennel-ſeeds of each ſix drachms, of Tamariſk halfe an ounce, Cloves and Mace, of each half a dram, beat them into a groſſe pouder, and hang them in a linnen Bagge, in ſix gallons of new Ale, ſo drink of it faſting in the morning, and at night.

To comfort the ſtomack, and help Windineſs and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace ſeven penny worth, Nutmegs four penniworth, Cinnamon four penniworth, and Galingale two penniworth, of each one ounce, of Cubebs, Coral, and Amber, of each two drachms, of Fennelſeed, Dill-ſeed, and Carraway-ſeed, of each one ounce, of Liquorice and Anniſeeds of each an ounce, all beaten into fine pouder, one pound and a halfe of fine beaten Sugar, which muſt be ſet on a ſoft fire, and being diſſolved, the pouders being well mixed therewith till it be ſtiffe, then put thereunto half a pint of red Roſewater, and mixe them well together and put it into a gallie-pot, and take thereof firſt in the morning, and laſt in the evening, as much as a good Haſel-Nut, with a ſpoonfull or two of red Wine.

To make a Callice for a weak Perſon.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the fire, and when they boyle and are well ſcummed caſt in a large Mace, and the piece of the bottome of a Manchet, and half a handful of French Barlie boyled in three waters before, and put it to the Broth, and take ſuch hearbs as the party requireth, and put them in when the broth hath boyled halfe an hour, ſo boyle it from three and a halfe to one, then caſt it through a ſtrainer, and ſcum off all the fat, ſo let it cool, then take twenty good Jordan Almonds

Almonds, or more, if they be ſmall, and grind them in a Morter with ſome of the broth, or if you think your broth too ſtrong, grind them with ſome fair water, and ſtrain them with the broth, then ſet it upon a few coals, and ſeaſon it with ſome Sugar not ſo much, and when it is almoſt boyled, take out the thickeſt, and beat it all to pieces in the morter, and put it in again, and it will do well, ſo there be not too much of the others fleſh.

For the Gout.

Take ſix drachms of Cariacoſtine faſting in a morning, and faſt two houres after it, you may roll it up in a Wafer, and take it as Pils, or in Sack, as you conceive is moſt agreeable for the ſtomack; this proportion is ſufficient for a woman, and eight drachms for a man, and take it every ſecond day until you find remedy for it, it is a gentle purge that works onely upon winds and water.

The Poulteſſe for the Gout.

Take a penny loaf of Whitebread, and ſlice it, and put it in fair water, two Egges beaten together, a handful of red Roſe leaves, two penniworth of Saffron dried to pouder, then take the bread out of the water, and boyle it in a quantity of good Milk, with the reſt of the Ingredients, and apply it to the place grieved as warm as you can well indure.

For them that cannot hear.

Put into their eares good dried Suet.

A Soveraign water good for many Cures and the health of Bodies.

Take a gallon of good *Gaſcoigne* wine, White or Claret, then take Ginger, Galingal, Cardomon, Cinnamon,

mon, Nutmegs, Grains, Cloves, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds; of each of them three drachms, then take Sage, Mints, red Roſe leaves, Thyme, Pellitorie, Roſemary, wild Thyme, wild Marjoram, Organy, Pennymountain, Pennyroyal, Cammomile, Lavender, Avans, of each of them a handful, then beat the Spices ſmall, and the hearbs, and put all into the wine, and let it ſtand for the ſpace of twelve houres, ſtirring it divers times: Then ſtill it in a Limbeck, and keep the firſt water by it ſelfe, for it is beſt, then will there come a ſecond water which is good, but not ſo good as the firſt; The Vertues of this Water be theſe, It comforteth the Spirit vital, and preſerveth greatly the Spirit vital, and preſerveth greatly the youth of man, and helpeth all inward diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of Sinnews, and helpeth the conception of the barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the ſtomack very much, it cureth a cold Dropſie, it breaketh the ſtone in the back, and in the reins of the back, it cureth the Canker, it helpeth ſhortly the ſtinking Breath, and whoſoever uſeth this water oft, it preſerveth them in good liking; This Water will be the better if it ſtand in the Sun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as farre as it will run, until the whole gallon of Wine and Hearbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you do draw above a pint of the beſt water, you muſt have of all things more, as is before ſaid.

To ſtanch the bleeding of a Wound.

Take a Hounds turd, and lay that on a hot coal, and bind it thereto, and that ſhall ſtanch bleeding, or elſe bruiſe a long Worm, and make pouder of it, and

 calt

caſt it on the wound, or take the ear of a Hare, and make powder thereof, and caſt that on the wound, and that will ſtanch bleeding.

For ſpitting of blood, after a fall or bruiſe.

Take Bittanie, Vervain, Noſebled, and five leaved graſſe, of each alike, and ſtamp them in a Morter, and wring out the juice of them, and put to the juice as much Goats milk, and let them ſeeth together, and let him that is hurt drink of that liquor ſeven dayes together, till the waxing of the Moon, and let him drink alſo Oſmorie and Cumferie with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth blood.

Take the juice of Bittanie and temper that with good Milk, and give the ſick to drink four dayes, and he ſhall be whole.

For to know whether he that hath the Flux ſhall live or die.

Take a penny weight of Trefoyle-ſeed, and give it him to drink in Wine or Water, and do this three dayes, and if it ceaſe, he ſhall live, with the help of Medicine, if not, he ſhall die.

For to ſtanch the bleeding of a vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Morter, and lay it on the Vein, then take Lambs wool that was never waſhed, and lay that thereon, and that ſhall ſtanch bleeding.

For a Vein that is evil ſmitter.

Take beans, and peel away the lack, and ſeeth them well in Vinegar, and lay them on the Vein hot in manner of a Plaiſter.

For

For one that piſſeth blood.

Take and ſeeth Garlick in water, till the third part be waſted away, let him drink of the water, and he ſhall be whole.

For a Woman travelling with child.

Take and give her Titany to drink in the morning, and ſhe ſhall be delivered without peril, or elſe give her Hyſop with water that is hot, and ſhe ſhall be delivered of the child although the child be dead and rotten, and anon when ſhe is delivered give her the ſame without Wine, or bind the hearb Argentine to her noſtrils, and ſhe ſhall be ſoon delivered, or elſe Polopodie and ſtamp it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead, or elſe give her Savorie with hot water, and ſhe ſhall be delivered.

For one that hath ſurfeited, and cannot digeſt.

Take the bottome of a wheaten loafe, and toſte it at the fire, till that be very brown and hard, and then take a good quantity of *Aqua vitæ*, and put that upon the ſame ſo toſted, and put that in a ſingle linnen cloth, and lay that at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall vomit or purge ſoone after.

A *water to comfort Weak eyes, and to preſerve the ſight.*

Take a gallon and a half of old wheat fair and clean picked from all manner of ſoyl, and then ſtill it in an ordinary ſtill with a ſoft fire, and the water that comes of it muſt be put in a glaſſe, then take halfe a pound of white Sugar-candy, and bruiſe it in a morter to poude, and after three dayes

when the water hath been in a glaſs, then put in the pouder Candy, then take an ounce of *Lapis Stewſie* prepared, and put it into the glaſs to the reſt of the ſtuffe, then take an ounce of Camphire, and break it between your fingers ſmal, and put it into the glaſs, then ſtop the glaſs cloſe, and the longer it ſtands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar Candy, as much as a Cheſnut, and put it into three or four ſpoonfuls of White wine to ſteep, then take it out again, and dry it, and when it is dry bruiſe it in a clean Morter that muſt taſte of no ſpice, then put it upon a piece of white paper, and ſo hold it to the fire that it may be through dry, and then ſearce it through a little ſieve.

For hot Eyes and red.

Take ſlugs, ſuch as when you touch them will turn like the pummel of ſwords, a dozen or ſixteen, ſhake them firſt in a clean cloth, and then in another, and not waſh them, then ſtamp them, and put three or four ſpoonfuls of Ale to them, and ſtrain it through a dry cloth, and give it the party morning and evening, firſt and laſt.

For Cornes.

Take fair water half a pint, Mercury Sublimate, a pennyworth, Allum as much as a Bean, boyle all theſe together in a glaſs Stil, till a ſpoonful be waſted, and alwayes warm it when you uſe it, this water is alſo good for any Itch, Tetter, Ringworm, or Wart.

A

A Searcloth for a ſore or ſprain, or any ſwelling.

Take Vervain ſeven ounces, of Siros ſeven ounces, of Camphire three drachms, of oile of Roſes ten ounces, let the Wax and the oile boil till the Wax, be melted, then put in your Siros finely beaten, ſtirring it on the fire till it look brown; Then put in the Camphire finely beaten, and let it boil two or three walms, and then dip in your cloths.

A Poulteſs for a Swelling.

Take a good handful of Violet leaves, and as much Groundſel, half a handful of Mallows, and half a handful of Chickweed, cut all theſe with a knife, and ſo ſeeth them well in conduit water, and thicken it with Barly-meal, being finely ſifted, and ſo roule it ſure, and lay it to the ſwelled place, and ſhift it twice a day.

To make a ſtrong Water good for a Canker, or any old ſore, or to eat any lump of fleſh that groweth.

Take of Celandine a handful, of red Sage a handful, and of Woodbind leaves a handful, ſhred all theſe together very ſmall, and ſteep them in a quart of white Wine, and a pint of Water, letting it ſtand all night, and on the morrow ſtrain it, and put therein of Borex nine pennyworth, of Camphire nine pennyworth, and of Mercury four pennyworth, and ſet them on a ſoft fire, boyling ſoftly for the ſpace of an hour, and when you wil uſe it warm a little of it, dip it in a cloth, and lay it to the ſore, or in any Cotten.

To heal any bruiſe, ſore, or ſwelling.

Take two pound of Wax, and two pound of Roſin

and two pound and a half of Butter, and four ſpoonfuls of Flower, and two good ſpoonfuls of Honey, put in your Wax, Roſin, and your Butter altogether, boyle all theſe together and clarifie it, then put in two ounces of Carmerick; and when it hath thus boyled a quarter of an hour, put a little water in a diſh and put in, and let it ſtand till it be cold, and when you will uſe it, you may melt it on a ſoft fire, and put in your clothes and make Searcloth, and you may ſpread it plaiſterwiſe to heal any Wound.

A Medicine for any Wound old or new.

Take a pint of Sallade oyle, and four ounces of Bees Wax, and two ounces of Stone-piteh, and two ounces of Roſin, and two ounces of Venice Turpentine, and one pennyworth of Frankincenſe, and a handful of Roſemary tops, and a handful of Tutſon leaves, and a handful of Plantain leaves; theſe Hearbs muſt be ſtamped, and the juyce of them put to the things aforeſaid, and let them boile altogether about a quarter of an hour, or thereabouts, this being done, put it into an earthen pot, and when it is cold you may uſe it as you have occaſion, and keep it two yeers a moſt excellent Medicine.

A *Medicine for a Wen.*

Take black Sope, and unquencht Lime, of each a like quantity, and beat them very ſmall together, and ſpread it on a woollen cloth, and lay it on the Wen, and it will conſume it away.

For breaking out of Childrens heads.

Take of white Wine, and ſweet Butter, a like, and boile them together till it come to a Salve, and ſo annoint the head therewith.

For

For to mundifie, and gently to cleanſe Ulcers, and to break new fleſh.

Take Roſin eight ounces, *Colophonia* four ounces *Era, & Oliæ ana.* one pound, *Adipis ovini, Gum Ammoniaci, Opoponaci, ana.* one once, fine *Eruginis raris* boyle your Wax, *Colophony*, and Roſin, with the Oyle together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boyle it with a gentle fire, then take it off, and put in your *Verdegreece*, and fine powder, and uſe it according to Art.

A *Fomentation.*

Take the liquour wherein Neats feet have been boyled, with Butter, and new Milk, and uſe it in manner of a Fomentation.

For the falling Sickneſſe, or Convulſion.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lie upon a ſhilling, in Succory water faſting.

For a Tetter, proceeding of a ſalt humour, in the breaſt and paps.

Annoint the ſore place with Tanners Owſe.

For the bloody Flux.

Take the bone of a Gammon of Bacon, and ſet it up an end in the middle of a Charcoal fire, and let it burn till it looks like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the ſick.

A Plaister for all manner of bruises.

Take one pound of mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of sheeps Tallow, shred them, and seeth them softly, and put them to a little white Wine, or good Vinegar, and take of Frankincense, and Mastick, of each half an ounce in powder, and put it to, and boil them all together, and still them till it be well relented, and spread this salve upon a mighty Canvas that will overspread the Sore, and lay it thereon hot till it be whole.

To make an Ointment called Flos Unguentorum.

Take Rosin, *Perrosin*, and half a pound of Virgin-Wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps Tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and strain it through a cloth into a pottle of white Wine, and boil it altogether, and then let it cool a little, and put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well: This Ointment is good for Sores old and new; it suffereth no corruption in the Wound, nor no evil flesh to be gendered in it; and it is good for head-ach, and for all manner of Imposthumes in the head, and for winde in the brain, and for Imposthumes in the body, and for boiling ears and cheeks, and for sauce-flegm in the face, and for Sinews that be knit, or stiffe, or sprung with travail; it doth draw out a Thorn, or Iron, in what place soever it be, and it is good for biting or stinging of venemous Beasts; it rotteth and healeth all manner of Botches without, and it is good for a Fester, and Canker, and *Noli me tangere*, and it draweth out all manner of

aking

aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and swelling of many Members, and for all Members, and it ceaseth the Flux of Menstrua, and of Emeroids, and it is a special thing to make a fumed cloth to heal all manner of Sores, and it searcheth fartheſt inward of any Ointment.

An ointment for all sorts of Aches.

Take Bettany, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the hearbs and presse out the water, and then chop, or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, and put in of oyl Olive one ounce, a piece of Virgins Wax for to harden the Ointment in the summer time, and if you make it in the Winter, put into your Ointment a litle quantity of Footsenne instead of the Virgins Wax.

An excellent Sirrup to purge.

Take *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Anniseseeds one ounce, Cumminseed half an ounce, Carraway seeds half an ounce, Cinnamon ten drachms, *Aristolochia rotunda*, *Peonia*, of each five drachms, Rubarb one ounce, Agarick six drachms, Tamarisk two handfuls, boil all these in a gallon of fair water unto a pottle, and when the liquor is boyled half away, strain it forth, and then put in your Rubarb and Agarick, in a clean thin handkercher, and tie it up close, and put it into the said Liquor, and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of six spoonfuls or more, or lesse as you finde it worketh in you.

To make drink for all kinde of Surfets.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handful of Couſlip flowers, Sage-flowers a good handful, and of Roſemary flowers a handful, ſweet Majoram a little, Pellitorie of the wall a little, Bittanie and Balm of each a prettie handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel ſeed, Anniſe ſeed, Colliander ſeed, Carraway ſeed, Gromel ſeed, Juniper berries of each a drachm, bruiſe your ſpices and ſeeds, and put them into your *Aqua*, or *Aqua vitæ*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, ſtir them together, and put them in a glaſſe, and let it ſtand nine dayes in the Sun, and let it be ſtirred every day, it is to be made in *May*, ſteeped in a wide mouth'd glaſſe, and ſtrained out into a narrow mouth'd glaſſe.

A *Medicine for the reins of the back.*

Take Houſleek, and ſtamp, and ſtrain it, then dip a fine linnen cloth into it, and lay it to the reins of the back, and that will heal it.

A *Medicine for the* Ache *in the back.*

Take Egrimonie, and Mugwort, both leaves and roots, and ſtamp it with old Beres greaſe, and temper it with Honey and Eyſel, and lay it to the back.

For a Stich.

Take Roſes, and Cammomile, of each a handfull, and oil of Roſes, and oil of Cammomile, of both together a ſaucerful, and a quantity of Barley flower, boil all theſe together in Milk, and then take a linnen bag, and put it therein; and lay the plaiſter as hot as may be ſuffered where the Stich is.

To make a Salve for wounds that be cankered and do burn.

Take the juice of Smallage, of Morrel, of Waberd of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and ſtir them together till it be thick; but let it come nigh no fire, but all cold; let it be laid on raw to the ſore, and it ſhall cleanſe the wound.

A *Medicine for bone-ache.*

Take Brooklime, and Smallage, and Daiſies, with freſh Sheeps tallow, and fry them together, and make thereof a Plaiſter, and lay it to the ſore, all hot.

For Sinews that are ſhrunk.

Take young ſwallows out of the neſt, a dozen, or ſixteen, and Roſemarie, Lavender, and rotten Strawberrie leaves, ſtrings and all, of each a handful, after the quantity of the Swallows, the feathers, guts and all, bray them in a Morter, and fry all them together with *May*-butter not too much, then put it into an earthen pot, and ſtop it cloſe nine dayes, then fry it again with *May*-butter, and fry it well, and ſtrain it well: when you ſhall uſe it chafe it againſt the fire.

A *Water for the biting of a mad dog.*

Take Scabios, Matſiline, Yarrough, Nightſhade, wilde Sage, the leaves of white Lillies; of each a like quantity, and ſtill them in a common ſtill, and give the quantity of three or four ſpoonfuls, of the Water, mingled with half a ſpoonful of Triacle, to any man or beaſt that is bitten, within three dayes after the biting: and for lack of the water take the juice of theſe Hearbs mingled with Triacle, it will keep the ſore from ranckling; take Dittanie Egrimonie, and ruſtie Bacon, and beat them fine,

together, and lay it unto the wound, and it will keep it from rankling.

To kill a Fellon.

Take red Sage, white Sope and bruiſe them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crumbs of leavened bread, and a little Honey and boyle them altogether till they be thick, and lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stephens *Soveraign Water.*

Take a gallon of good Gaſcoign wine, then take Ginger, Galingal, Cancel, Nurmegs, Grains, Cloves, Anniſe-ſeeds, Carraway-ſeeds, of each a drachm, then take Sage, Mints, red Roſes, Thyme, Pellitorie, Roſemary, wild Thyme, Cammomile, Lavender, of each one handful; then bray both the Spices and the Hearbs, and put them all into the Wine, and let them ſtand for twelve houres, divers times ſtirring them, then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt.

The Vertues of this Water are theſe, It comforteth the ſpirits vital, and helpeth the inward diſeaſes which come of cold, and the ſhaking of the Palſie, that cureth the contraction of ſinnews, and helpeth the conception of women that be barren, it killeth worms in the body, it cureth the cold cough, it helpeth the toothach, it comforteth the ſtomack, it cureth the cold Dropſie, it helpeth the ſtone, it cureth ſhortly the ſtinking breath, and who ſo uſeth this water enough, but not too much, it preſerveth him in good liking making him young.

Doctor

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melilot, Cardamome, Mace, Nutmegs, of each a drachm, and of the juice of Celendine half a pint, and mingle all theſe made in pouder with the ſaid juice, and with a pint of good *Aqua vitæ*, and three pints of good white Wine, and put all theſe together in a ſtill of glaſſe, and let it ſtand ſo all night, and on the morrow ſtill it with an eaſie fire as may be.

The Vertue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded, or periſhed, it helpeth and comforteth, and it ſuffereth not the bloud to putrifie, he ſhall never need to be let bloud that uſeth this Water, and it ſuffereth not the heart to be burnt, nor melancolly or flegm to have dominion above Nature, it alſo expelleth the Rheum, and purifieth the ſtomack, it preſerveth the viſage, and the memory, and deſtroyeth the *Palſie*, and if this water be given to a man or woman labouring toward death, one ſpoonful relieveth: in the Summer time, uſe once a week faſting the quantity of one ſpoonful, and in Winter two ſpoonfuls.

A *Medicine for them that have a pain after their child bed.*

Take Tar and freſh Barrowes greaſe, and boyle it together, then take *Pigeons* dung, and fry it in freſh greaſe, and put it in a bag.

For the drink, Take a pint of Malmſey and boyl it, and put Bay berries in it, and Sugar, the Bay berries muſt be of the whiteſt, and put therein ſome Sanders.

Take ſome fair water, and ſet it over the fire, and put ſome ground Malt in it, when they uſe theſe things they muſt keep their bed.

For running of the Reins:

Take *Venice* Turpentine rolled in Sugar and Roſe-water, ſwallow it in pretty rouls, and put a piece of Scarlet warm to your back.

For Cods that be ſwollen.

Stamp Rue, and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juice of *Valerian*, in the which you ſhall wet a Tent, and put it into the wound, and lay the ſame Hearb ſtamped upon it, then your band or binding as appertaineth, and by this means you ſhall draw out the Iron, and after heal the wound as it requireth.

A *Plaiſter for a green Wound.*

Take Flower and Milk, and ſeeth them together till it be thick, then take the white of an Egge, and beat them together, and lay it to the Wound, and that will keep it from rankling.

For a Laske.

Take an Egge, and *Aqua vitæ*, and boyl it with the Egge till it be drie; then take Cinnamon and Sugar, and eat it with the Egge.

For him that hath a bunch or knot in his head, or that hath his head ſwollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth,

cloth, and thereof make a plaiſter, the which you ſhall lay hot to his head, and it will altogether aſſwage the ſwelling, and heal it perfectly.

Againſt the biting of any venomous Beaſt.

As ſoon as the perſon feeleth himſelf bit with any venomous beaſt, or at leaſt, as ſoon as is poſſible, let him take green leaves of a Fig tree, and preſſe the milk of them three or four times into the Wound: and for this alſo ſerveth Muſtard-ſeed mingled with Vinegar.

A perfect Remedy for him that is ſore Wounded with any Sword or Staffe.

Take *Taxus barbatus* and ſtamp it, and take the juice of it, and if the Wound bleed, wipe it and make it clean, waſhing it with white wine or water, then lay the ſaid juice upon the Wound, and the hearb, wherof you take the juice, upon it, then make your band, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholly, or to cauſe one to ſleep.

Take drie Roſe leaves, keep them cloſe in a glaſſe which will keep them ſweet, then take pouder of Mints, pouder of Cloves in a groſſe pouder, and put the ſame to the Roſe leaves, then put all theſe together in a bag, and take that to bed with you, and it will cauſe you to ſleep, and it is good to ſmell unto at other times.

For ſpitting of Bloud.

Take the juice of Bettony, tempered with Goats Milk, & drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Boars greaſe, one pound of Butter, and oyle of Neats foot a quantity, ſtamp them well together, then frie them, and ſtrain them into an earthen pot, and keep it for your uſe.

A *Salve for a new Hurt.*

Take the whiteſt Virgins Wax you can get, and melt it in a pan, then put it in a quantity of Butter, and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your hands, and make it in a round ball, and ſo keep it, and when you will uſe it, work ſome of it between your hands, and ſtrike it upon a cloth, and lay it upon the Sore, and it will draw it and heal it.

Againſt the biting of a mad Dog, and the rage or madneſſe that followeth a man after hee is bitten.

Take the Bloſſomes or Floures of wild Thiſtles dried in the ſhade, and beaten to pouder, give him to drink of that pouder in white Wine halfe a Walnut ſhell full, and in thrice taking it, he ſhall be healed.

Againſt the grief in the Lungs, and ſpitting of Blood.

Take the Heath, called of the Apothecary *Ungula Caballina*, in Engliſh Coltsfoot, incorporate it well with the Lard of a Hog chopped, and a new laid Egge, boyle it together in a pan, and give it the Patient to eat, doing this nine mornings, you ſhall ſee a marvellous thing, this is alſo good to make a man fat.

Againſt

Againſt ſpitting of blood by reaſon of ſome vein broken in the breaſt.

Take Miſe-dung beaten into powder as much as will lie upon a groat, and put it in half a glaſsful of the juyce of Plantain with a little Sugar, and ſo give the patient to drink thereof in the morning before breakfaſt, and at night before he go to bed, continuing the ſame, it will make him whole and ſound.

For to cleanſe the Head.

Take Pellitory of *Spain*, and chew the roots three dayes a good quantity, and it will purge the head, and do away the ach, and Faſten the Teeth in the gums.

A *good Remedy againſt the* Pluriſie.

Open a white Loaf in the middle new baked, and ſpread it well with Triacle on both the halfs on the crown ſide, & heat it at the fire, then lay one of the halfs on the place of the diſeaſe, and the other half on the other ſide of the body directly againſt it, and ſo bind them, that they looſe not nor ſtir, leaving them ſo a day and a night, or untill the Impoſthume break, which I have ſometimes ſeen in two hours or leſs, then take away the bread, and immediately the patient will begin to ſpit and void the putrefaction of the Impoſthume, and after he hath ſlept a little, ye ſhall give him meat, and with the help of God he ſhall ſhortly heal.

For a pin or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and ſo cloſe it up, and moſt aſſuredly the Lice will ſuck out the Web in the eye, and will cure it, and come forth without any hurt.

A *Remedy to be uſed in a Fit of the ſtone, when the Water ſtops.*

Take the freſh ſhels of Snails, the neweſt will look of a reddiſh colour, and are beſt, take out the Snails, and dry the ſhels with a moderate heat in an oven after the bread is drawn; likewiſe take Bees and dry them ſo, and beat them ſeverally into powder, then take twice ſo much of the Bees powder as the Snails, and mix them well together, keep it cloſe covered in a glaſs, and when you uſe it, take as much of this powder as will lye upon a ſix pence, and put it into a quarter of a pint of the ſtilled water of Bean floures, and drink it faſting, or upon an empty ſtomack, and eat nor drink nothing for two or three houres after.

This is good to cauſe the party to make urine, and bring away the gravel or ſtone that cauſeth the ſtopping, and hath done very much good.

A *Syrupe for the pain in the ſtomack.*

Take two good handfuls of young Rue, boyl it in a quart of good white Wine Vinegar till it be half conſumed, ſo ſoon as it is thorough cold ſtrain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boyl it till it come to a Syrupe, when you uſe it, take a good ſpoonful of this in the morning faſting, and eat nor drink nothing for two or three hours after, it is good for pain in the ſtomack that proceeds of windy vapours, and is excellent good for the Lungs, and obſtructions of the breaſt.

Receipts for bruiſes, approved by the Lady of Arundel.

Take black Jet, beat it to powder, and let the Patient drink it every morning in beer till he be wel.

Another

Another for the ſame.

Take the ſprigs of Oak-trees, and put them in paper, roaſt them, and breake them, and drink as much of the powder as will lye upon a ſix pence every morning, until the Patient be well.

To cauſe eaſie Labour.

Take ten or twelve dayes before her looking ſix ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raiſins of the Sun ſtoned, two ounces of Dates unſtoned ſliced, half an ounce of Aniſe-ſeeds bruiſed, a quarter or an ounce of Cowſlip Flours, one drachm of Roſemary floures, put theſe in a fine lawn bag with a flint-ſtone, that it may ſink into a pottle of white Wine, let it ſteep four and twenty hours, and after take of it, in the morning, and at four in the afternoon, and in the evening the quantity of a wine glaſs full.

A *Cordial for the Sea.*

Take one ounce of Syrupe of Clove-Gilliflowres, one drachm of *Confectio alechernis*, one ounce and a half of Borrage water, and the like of Mint water, one ounce of Mr. *Mountfords* water, and as much of Cinnamon water, temper all theſe together in a Cordial, and take a ſpoonful at a time when you are at Sea.

A *plaiſter to ſtrengthen the back.*

Take eight yolks of Eggs new laid, one ounce of Frankincenſe beaten into fine powder, mingle them well together, and put in as much Barly flower as will make it thick for a plaiſter, ſpread it on leather, lay it to the ſmal of the back, letting it lye nine hours, uſe four plaiſters one after another, you muſt ſlit the plaiſter in the midſt, ſo as it may lye on the back bone.

A *present Remedy for a Woman with child that hath taken harm by fall, or fright, or any mischance.*

To stay the Child and strengthen it, take one ounce of Pickerel jaws, fine beaten and searced, of Dates stones, and *Bole armoniack*, of each one ounce, give of *Sanguis draconis* half an ounce, give of these, being well searsed and mingled together, a French Crown weight in Muskadine or Malmsey, and let the woman keep her very warm.

For a weak back.

Take of red Lead half a pound, of white Lead half a pound, boil these in three pints of Sallet oile in a Pipkin, stirring them continually with a peece of Iron, untill it be of a gray colour, then roul it up in rouls and keep it for your use.

Oyle of Saint Johns Wort.

Take a quart of Sallet oyle, put thereto a quart of flour of Saint *Johns Wort* well picked, let them lye therein all the yeer till the seeds be ripe, the glass must be kept warm, either in the Sun, or in water all the Summer untill the seeds be ripe; then put in a quart of Saint *Johns Wort* seeds whole, and so let it stand twelve hours, then you must seeth the oyle eight hours, the glass being kept open, and the water in the pot full as high as the oyle is of height in the glass, then when it is cold strain it, that the seeds may remain, not in the oyle, and then put up the oyle for your use.

A *green Salve for an old Sore.*

Take a handful of Groundsel, as much Housleek, of Marigold leaves a handful, pick and wipe these hearbs clean,

clean; but waſh them not: then beat all theſe hearbs in a wooden boul, as ſmall as is poſſible; then ſtrain out all the juice, and put in a quantity of Hogs greaſe, as much as two Egges; beat all theſe together again, and then put in the juce again, and put in ten Egges yolks and whites, and five ſpoonfuls of Engliſh Honey, and as much wheat flower, as will make all this as thick as a ſalve, and ſo ſtir it very well together, and put it cloſe up in a pot, that it take no air, and ſo keep it for your uſe.

A *moſt excellent powder for the Collick and Stone.*

You muſt take it morning and evening before you go to bed; *Sperma Ceti* one ounce and a half, Cloves and Mace one quarter of an ounce, Anniſe ſeeds and *Perſtone* of each two ounces, Cinnamon and ſmall Pepper, of each one quarter of an ounce, Date ſtones a quarter of an ounce, Liquorice, Fennel, Red Sage, Bay berries, of each three quarters of an ounce, Acorns one quarter and half of an ounce, Lillie roots two drachms, the white of Oyſter ſhels burned in the fire, one quarter of an ounce: beat all theſe into fine powder, and drink as much thereof in Ale or Beer, as will lie on a ſixpence, and faſt one hour or two after it: If the partie be ſore grieved, take one handfull of Parſley, and ſeeth it in Ale until half be ſod away, with twenty or thirty Prunes therein ſtrained, and put thereto two ſpoonfuls of this powder, and drink it mornings and evenings ſomewhat warm.

A *preſent Remedie for the Running of the Reins.*

Take one ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and

and lay it in Papers, and beat it with a hammer very ſmall, and put a little Corral well beaten unto it, and as much Ambergreece, then mingle theſe things together with Sugar, and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water Dittanie, two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallet oil, half a pint of white Wine, boil all theſe together, while the white Wine be quite conſumed, then it will be green, and come to the height of a Salve.

A proved Medicine for a burning or ſcalding by lightning or otherwiſe.

Take Hogs greaſe, or Sheeps Treacles, and Alehoof, beat theſe very well together, then take more Hogs greaſe, and boil it to a Salve.

To uſe it.

Anoint the place grieved with this ointment, and then lay upon the ſore ſo anointed Colewort leaves, which muſt be boiled very ſoft in water, and the ſtrings made ſmooth, with beating them with a Peſtel.

A powder for the green Sickneſſe, approved with very good ſucceſſe upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them ſeverally, and then altogether very well, fine Sugar very ſmall beaten one quarter of a pound, and then mix and beat them all four together, Pearl the ſixt part of half an ounce very finely beaten, mingle it with the reſt, and beat them altogether again, the filing of Steel or Iron one ounce and a quarter, ſift it very fine, and mingle it

it with the reſt, but if ſo ſmall a quantity will not ſerve, adde a quarter more of the Mettal, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little *Alexakatrina.*

The manner of uſing this powder.

In the morning when you riſe take half a ſpoonful of it, take as much at four a clock in the afternoon, and as much when you go to Bed, walk or ſtir much after the firſt takings of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugar ſops, or thin broth.

The Patients Diet.

She muſt forbear Oatmeal in broth or any other thing, Cheeſe, Eggs, Cuſtards, or any ſtopping meat. Take care that this be not given to any woman that hath conceived, or is with Childe.

A drink to ſtanch blood inwardly.

Take the juice of one handful of Shepherds purſe, of Parſley, and Five-finger, of each as much, take five ſlips of Egrimony, ſtrain all theſe juices into the milk of a red Cow, and drink thereof early and late warm.

A powder to keep the Teeth clean, and from Worm-eaten.

Take Roſemary burned to aſhes, Cuttles Bone, Harts-horn burned to powder, *Salgemmæ* twelve pennie weight, the flowers of Pomegranats, White Corral of each ſix pennie weight, make all theſe in powder, and with a little Roſewater and a Sage leaf rub the Teeth.

A *Salve to heal all manner of Sores and Cuts.*

Take one pint of Turpentine, one pint of oil olive, a quarter of a pint of running water, nine branches of Roſemary, one ounce of unwrought Wax, two ounces of Roſet, ſeeth all theſe together, in a little pan over the fire, let it ſeeth until there ariſe a little white ſcum upon it, then ſtir it with a ſtick, ſuffering it to boil until one quarter be conſumed, then take it from the fire, ſtrain it through a courſe cloth: but it muſt be done quickly after it be taken from the fire for cooling, after you have ſtrained it into an earthen pot, let it cool, and keep it for your uſe.

To make oil of Sage good for the grief in any joynt, or for any ache.

Take Sage and Parſley, ſeeth them in oil Olive, till it be thick and green.

A *Medicine to purge and amend the Heart, Stomack, Spleen, Liver, Lungs, and Brain.*

Take Alexander, Water-creſſes, young Mallows, Borage, and Fennel roots pared, Mercurie, Hart tongue, and Clarie, and make of theſe Pottage.

To drive infectious diſeaſes from the Heart.

Take of Mithridate, and Centurie, of each two ounces, eight ſpoonfuls of Dragon water, one pint of White wine, ſeven ſpoonfuls of *Aqua vitæ*, boil all together a little, ſtrain it, then ſet it on the fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take pepper and Grains, of each one ounce, bruiſe them, and compound them with the water of the

the diseased, and make it of a good thickness, and lay it outwards on the cheek, against the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make pouder of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangullion or the Stone.

Take the inner rind of a young ash, between two or three yeers of growth, dry it to pouder, and drink of it as much at once, as will lye on a six pence in Ale or white wine, and it will bring present remedy: The party must be kept warm two hours after it.

For the stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink of it in white wine, as much as will lye upon a six pence at once, for want of white wine make a posset of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitory therein, and drink of the pouder with it.

For the Black Jaundies.

Take earthen Wormes, wash them in white wine, then dry them, and beat them into pouder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old sore.

Take Rosin half a pound beaten to pouder, Sheeps tallow, one quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, draw-

ing of it up and down the ſpace of one hour till it be very white, then make it up in rouls, and reſerve it to ſtrike thine Plaiſters upon old ſores.

A *water to waſh ſores withal.*

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Hony two ſawcers full, boil all theſe together in three pints of water, till half be ſod away, then ſtrain it, and reſerve that liquor to waſh the ſore withal.

A *Medicine to cure the Garget in the Throat.*

Take a pint of *May* butter, and put it on the fire in a poſnet, and put into it of the inner bark of Elder one good handful, and ſome Daiſie roots, ſeeth it to half the quantity, and ſtrain it, and ſo keep it cool, take this Ointment, and annoint your throat, then take the ointment, and ſtrike a long plaiſter with it very thick of the Ointment, then ſtrike upon the Ointment the beſt Jane Triacle, and upon that ſtrew groſs Pepper very thick, ſtrike it on with a knife, warm the plaiſter, and bind it round your throat to your ears, renew it once a day with the Ointment, and the Triacle and Pepper, and lay it on again; Before you uſe this Ointments ſcour the mouth and throat with the pouder of Roch Allom burned, mix it with the pouder of Madder or Pepper.

For the hearing.

Take one Onyon, take the core out of it, fill it with Pepper, ſlice it in the midſt, being firſt wrapt in paper, and roſted in the Embers, lay it to each ear.

For a dead Childe in a Womans Body.

Take the juyce of Hyſop, temper it in warm water, and give it to the Woman to drink.

For

For a woman that hath her flowers too much.

Take a Hares foot, and burn it, make pouder of it, and let her drink it with ſtale Ale.

A *Medicine for the Gout.*

Take Tetberry roots, and waſh and ſcrape them clean, and ſlice them thin, then take greaſe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greaſe in the bottome, then a lane of Roots, then the greaſe again, and ſo Roots and greaſe till the pot be full, then ſtop the pot very cloſe, and ſet it in a dunghil one and twenty dayes, then beat it together in a boul, then boil it a good while, then ſtrain it, and put in a pennyworth of *Aqua vitæ*, then annoint the place grieved, very warm againſt the fire.

A *Diet drink for the running Gout, ach in the joynts, and for all infection.*

Set ſeven quarts of Water on the fire, and when it boileth, put therein four ounces of *Sarſaparilla* bruiſed, and let it boile two hours very ſoftly, cloſe ſtopped, or covered, then put in four ounces of Sene, three ounces of Liquorice bruiſed, of *Stecados*, *Hermodactil*, *Epithymum*, and of Cammomile flours, of every one half an ounce, and ſo boil all theſe two hours very ſoftly, then ſtrain it, and keep it in a cloſe veſſel cloſe ſtopped: when it is cold, then boil again all the aforeſaid Ingredients in ſeven quarts of Water, four hours with a ſoft fire cloſe covered, then ſtrain it, and keep it as the other by it ſelf, and take of the firſt a good draught one hour before you ariſe in the morning, and a draught at the beginning of dinner, and another at ſupper, and going to bed,

and at all other times, drink of the latter when you liſt, and eat no meat but dry roſted Mutton, Capon, Rabbet, without Salt, and not baſted, but to your Breakfaſt, a poched Egg, no bread but Bisket, or dried cruſt, and at night Raiſins of the Sun, and bisket Bread, drink no other drink but this.

A Plaiſter to heal any ſore.

Take of Sage, Herb-grace, of each a like quantity, Ribwort, Plantain, and Daſie roots, more then half ſo much of each of them as of the other, with Wax, freſh greaſe, and Roſin, make it a ſalve, if the fleſh grow proud, then put alwaies upon the plaiſter, before you lay it to the ſore, burnt Allum, and it will correct the fleſh.

To cauſe a Woman to have her Sickneſs.

Take Egrimony, Mother wort, Avens, and Parſley, ſhred them ſmall with Oatmeal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the ſtone.

Take the green Weed of the Sea, which is brought with Oyſters, waſh it, and dry it to pouder, drink it with Malmſey faſting.

To kill Worms.

Take *Alexakatrina* two ounces, let it ſtand in a quart of Malmſie eight hours, drink of it morning and evening.

For a hot Rheum in the Head.

Take Roſewater, Vinegar, and Sallet oile, mix them well together, and lay it to the head warm.

For

For a Lask.

Take the nether jaw of a Pike, ſeeth it to pouder and drink it.

For *an Itch or dry ſcurf of the Body.*

Take Elecampane roots or leaves, ſtamp them and fry them with freſh greaſe, ſtrain it into a diſh, and annoint the Patient.

For *one that is bruiſed with a Fall.*

Take Horſe dung, and Sheeps ſuet, boyle them together, and apply it to the ſame place, being laid upon a cloth.

For *the Emeroids.*

Take hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For *one that is burned With Gunpowder, or otherwiſe.*

Take one handful of Groundſel, twelve heads of Houſleek, one pint of Gooſe dung, as much Chickens dung, of the neweſt that may be gotten, ſtamp the Hearbs as ſmall as you can, then put the dung into a morter, temper them together with a pottle of Boars greaſe, labour them together half an hour, and ſtrain it through a Canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth, it will laſt two year.

To heal a Prick with a Nail or a Thorn.

Take two handfuls of Salendine, as much Orpen

cut it ſmall, and boyl it with oyl Olive, and unwrought Wax, then ſtrain it and uſe it.

To ſtop the bleeding of a Cut or Wound.

Take Hop, ſtamp it, and put it into the wound, if hop will not do it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls Houſleek one handful, waſh them, and ſtamp them in a ſtone mortar very ſmall, and as you ſtamp them, put in one pint of Cream by little and little, then ſtrain it, and put it in a pot with a feather, take of this and annoint the ſcalded place, and then wet a linnen cloth in the ſame Ointment, and lay it on the place, and over that roul other clothes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine pouder, then mix it with Sope, and freſh Greaſe, of each two ounces, make an Ointment, and annoint the place.

For the ſinging in the Head.

Take one Onion, cut out the core, and fill that place with the pouder of Cummin, and the juice of Rue, ſet on the top again, and roaſt the Onion in embers, then put away the out-ſide, and put in a cloth, wring out the Juice, take black Wool and dip it in, put this in thine ear where the ſinging is, and if it be on both ſides, then ſerve one after another.

A drink for one that is weak, and miſdoubting a Conſumption.

Take three handfuls of Roſemary, bruiſe it a little, and cloſe it in paſte, bake it in an Oven until it

it be well dried, then cut the paſte, and take forth the Roſemary, infuſe it in two quarts of Claret Wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruiſed, let them ſtand infuſed two nights and one day, then diſtil it in a Limbeck, drink hereof one ſpoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder leaves, red Briar leaves, of each one handful, ſtamp them and ſtrain them with a quart of white Wine, and then put to it *Aqua vitæ* and Ginger, drink hereof every morning one ſpoonful nine mornings together, and it will preſerve you.

For a bruiſe or Stitch.

Take the kernels of Walnuts and Smalnuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one ſpoonful of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaiſter of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfery one good handful, wild Daiſie roots as much, and the like of knotted Graſſe, ſtamp all theſe together, and ſtrain it with Malmſey, and give it to the Patient to drink morning and evening nine dayes bloud-warm: If it be a man that hath been long ſo, he muſt lie nine dayes upon his back, and ſtir as little as he can: If he be a child, he muſt be kept ſo much lying as you may for nine dayes; if you think the drink too ſtrong for the child, give it him but five dayes in Malmſey, and the reſt in ſtale Ale; have care that the party have a good Truſſe, and keep him truſſed one whole year at the leaſt.

A Plaiſter for a Rupture.

Take the juice of Comfery, wild Daiſie roots, and knotted Graſſe, of each a like quantity, freſh Butter, and unwrought Wax, of each a like quantity, clariſie them ſeverally, then take of the root of Comfery, dry it, and make pouder of it; take the pouder of Anniſeed, and Cumminſeed, but twice as much Cumminſeed as Anniſeed, boyle theſe pouders in the Butter and unwrought Wax upon a ſoft fire a good while together, then put in your juice, and let it boyle one walm or two, then take it from the fire, and ſtir it altogether till it be cold, take hereof, and ſpread it, and lay it to his Cods as hot as he can ſuffer it, and uſe this till he be whole, this Plaiſter is moſt excellent for a Child that is burſt at the Navil.

Gratioſa Cura.

A Water for a Cut or a ſore.

Take Honeyſuckles the knots nipt off, floures of Celendine, floures of red Sage, of each three ſpoonfuls, Five finger, Camphery ſuch as is to knit bones, Daiſies with the roots thereon, Ladder of Heaven, bloſſomes of Roſemary, Setwel, Hearb-grace, Smalledge, red Roſes with the knots on, or elſe red Roſecakes, Adders-tongue, of each of theſe one handful, ſeeth all together in ſix gallons of water that runneth towards the Eaſt, untill two gallons be ſod in, then ſtrain them, and put to the water three quarts of *Engliſh* Honey, one pound of Roch Allum, one penniworth of Madder, one penniworth of long Pepper, ſeeth altogether untill one gallon be conſumed, then cleanſe the water.

For *the wind Collick.*

Take the floures of Walnuts, and drie them to pouder, and take of them in your Ale, or Beer, or in

in your Broth, as you like beſt, and it will help you.

To make a ſoveraign Oyle of a Fox, *for the numme* Palſie.

Take a Fox new killed, caſed, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop, *Stœcad*, Roſemary, Coſtmary, Cowſlip floures, Balm, Bettony, ſweet-Marjoram, of each a good handful, chop them ſmall, aud put thereto of the beſt Oyle of Caſtor, Dill, and Cammomil, of each four ounces, mix the Hearbs and Oyles together, and ſtrew over them *Aphronitum* a good handful, put them all into the Fox, and ſow up his belly cloſe, and with a quick fire roaſt him, and the Oyl that droppeth out is a moſt ſingular Oyle for all Palſies or numneſſe. Approved.

To comfort the Brain, and procure ſleep.

Take brown bread crums the quantity of one Walnut, one Nutmeg beaten to pouder, one drachm of Cinnamon, put theſe into a Napkin, with two ſpoonfuls of Vinegar, four ſpoonfuls of Roſewater, and one of womans milk.

For *the weakneſſe in the Back.*

Take the Pith of an Oxe back, put it into a pottle of water, then ſeeth it to a quart, then take a handful of Comphery, one handful of knotted Graſſe, one handful of Shepherdſpurſe, put theſe into a quart of water, boyle them unto a pint, with ſix Dates boyled therein.

For *a Canker in any part of the Body.*

Take Filberd-Nut-leaves, Lavender-cotton, Southernwood, Wormwood, Sage, Woodbine-leaves, ſweet-Bryar leaves, of each a like quantity, of

Allum, and Honey, a good quantity, ſeeth all theſe till they be half ſodden, waſh the ſore with it.

For an old bruiſe.

Take one ſpoonful of the juice of Tanſie, and as much Nip, two penniworth of *Sperma Ceti*, put it into a little Ale, and drink it.

Oyle of Foxes, or Badgers, for Ach in the joynts, the Sciatica, diſeaſes of the Sinewes, and paines of the Reines and Back.

Take a live Fox, or Badger, of a middle age, of a full body, well fed, and fat, kill him, bowel him, and skin him, ſome take not out his bowels, but onely his excrements in his guts, becauſe his guts have much greaſe about them, break his bones ſmall that you may have all the marrow, this done, ſet him a boyling in ſalt Brine, and Sea water, and ſalt water, of each a pint and a half, of Oyle three pints, of Salt three ounces, in the end of the decoction put thereto the leaves of Sage, Roſemary, Dill, Origany, Marjoram, and Juniper Berries, and when he is ſo ſodden as that his bones and fleſh do part in ſunder, ſtrain all through a ſtrainer, and keep it in a veſſel to make Linaments for the ach in the joynts, the Sciatica, diſeaſes of the Sinews, and pains of the Reins and Back.

To make the Leaden Plaiſter.

Take two pound and four ounces of oyle Olive of the beſt, of good red Lead one pound, white Lead one pound very well beaten into duſt, twelve ounces of Spaniſh Sope, and incorporate all theſe well together in an earthen pot well glaſed before you

you put them to boyle, and when they are well incorporated that the Sope cometh upward, put it upon a small fire of coals, continuing the fire for the space of one hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, until the redness be turned into a gray colour, but you must not leave stirring it till the matter be turned into the colour of oyle, or somewhat darker, then drop of it upon a woodden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years, the older the better.

The Virtue of the Plaister.

The same being laid upon the stomack provoketh appetite, it taketh away any grief in the stomack, being laid on the belly is a present remedy for the Collick, and laid unto the reins of the Back, it is good for the bloudy Flux, the running of the Reins, the heat of the Kidnies, and weakness of the Back, the same healeth all swellings, bruises, and taketh away Ach, it breaks Felons, Pushes, and other Imposthumes, and healeth them, the same draweth out any running Humour without breaking the skin, and being applied to the fundament, it healeth any disease there growing, being laid on the head is good for the Vvula, it healpeth the Headach, and is good for the Eyes.

For a pricking of a Thorn.

Take fine Wheat flower boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsie, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg, of good Triacle, and so much spice

grains

grains beaten, as you can take up with the tops of your two fingers, mix it together and let the party ſick drink it bloud-warm, if he be infected it will procure him to caſt, which if he do, give him as much more, and ſo ſtill again and again, obſerving ſtill ſome quantity, till the party leave caſting, and ſo after he will be well, if he caſt not at all, once taking is enough, and probably it is not the ſickneſſe; after the party hath left caſting, it is good to take a competent draught of burnt Malmſie alone with Triacle and grains, it will comfort much.

Another Medicine for the Plague.

Take of Setwel grated one root, of Jane Triacle two ſpoonfuls, of Wine Vinegar three ſpoonfuls, of fair water three ſpoonfuls, make all theſe more then luke warm, and drink them off at once well ſteeped together, ſweat after this ſix or ſeven houres, and it will bring forth the Plague ſore.

To break the Plague *ſore.*

Lay a roaſted Onion, alſo ſeeth a white Lillie root in milk, till it be as thick as a Poulteſſe, and lay it to the ſame, if theſe fail, launce the ſore, and ſo draw it, and heal it with ſalves for Botches, or Biles.

To make a Salve to dreſſe any Wound.

Take Roſin and Wax of each halfe a pound, of Deer Suet, and Frankincenſe, of each one quarter of a pound, of Maſtick in pouder one ounce, boyle all theſe in a pint of white Wine half an hour with a ſoft fire, and ſtirre it in the boyling, that it runne not over, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almoſt cold put thereto one quarter of a pound of Turpentine, after all theſe be mingled together, then put it into white Wine, and

and waſh it as you waſh Butter, and then as it cools make it up in rowls.

A moſt excellent Water for ſore Eyes.

Take a quart of ſpring water, ſet it upon the fire in an earthen Pipkin, then put into it three ſpoonfuls of white ſalt, and one ſpoonful of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil, then ſtrain it through a fine linnen cloth, and keep it for your uſe.

When you take it, you muſt lie down upon the bed, and drop two drops of it into your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Perle or Film growing upon it, then take a handful of red double Daiſie leaves, and ſtamp them and ſtrain them through a linnen cloth, and drop thereof one drop into your eye, uſing it three times.

A plaiſter for one that is bruiſed.

Take half a pint of Sallet oil, or Neats-foot oil, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong wine Vinegar, half a dozen of Egg-ſhels, and all beaten very ſmall, one handful of white Salt, put all theſe together into an earthen pot, and ſtir and mingle them together exceedingly well, then as much Bean flour, or Wheat flour, as will thicken it plaiſter wiſe, then with your hand ſtrike it on the grieved place once a day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing or other kinde of ſwelling that proceedeth of evil humours.

Balm water for a Surfet.

Take two gallons of ſtrong Ale, and one quart of Sack, take four pound of young Balm leaves, and ſhred them, then take one pound of Anniſe ſeeds, and as much Liquorice beaten to powder, put them all into the Ale and Sack, to ſteep twelve hours, after put it into a Limbeck, and ſo ſtill it, it is good for a Surfet of choler, for to comfort the heart, and for an Ague.

A Reſtorative Water in ſickneſſe, the Patient being weak.

Take three pints of very good new milk, and put thereto one pint of very good red Wine, the yolks of twenty four Egges, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and Wine, then put the ſame into a fair Stillatory, and ſtill it with a ſoaking fire, and take a ſpoonful of this water in your Pottage or drink, and this in one or two moneths will prevent the Conſumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them, and ſtrain it into a quart of Ale, and ſet it on the fire, then take the yolks of four Eggs, and make it for a caudle, and ſo ſeaſon it with a good quantity of Cinnamon and Sugar, and eat it every morning at Breakfaſt.

For one that cannot make Water, and to break the Stone.

Pare a Raddiſh root, and ſlice it thin, and put it into a pint of white Wine, and let it infuſe ſix or ſeven hours, then ſtrain it, and ſet it on the fire, and put thereto one Parſley root, and one ſpoonful of Parſley

ſley ſeed, and half a handfull of Pellitory of the wall, and ſeeth it until half be waſted, and give it lukewarm to drink.

The diet againſt Melancholy.

Take Sene eight ounces, Rubarb ſix drachms, Polipodie of the Oak, Sarſaparilla, and Madder roots, of each four ounces, Anniſe ſeeds, Fennel ſeeds, *Epithimum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimonie, Scabios, and red Dock roots, of each one handful, make them all ſmall, and put it into a long narrow bag of boulter, hang it in a veſſel of Ale that containeth ſix gallons, when it is a week old, drink it morning and evening for the ſpace of one fornight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimonie, Scabios, of each one handful, Chamepitis, Hyſop, of each a dozen Crops, Endive and Succorie, of each three or four leaves, of young Fennel, and Parſley, of each one root, one ſtick of Liquorice, one ſpoonful of Barberies clean waſhed, one ſpoonful of Anniſe ſeeds, twenty Raiſins of the Sun ſtoned, boil all theſe in a pottle of water to a quart, then ſtrain it, and put thereto of the beſt Sugar one quarter of a pound, conſerve of Violets one ounce, and ſo boil it as long as any ſcum ariſeth, then ſtrain it again, and uſe this very warm.

For one that cannot make Water.

Take the ſeeds of Parſley, of red Fennel, of Saxifrage of Carrawayes, of the Kernels of Hip Berries, of each a like quantity, put in ſome powder of Jet, mingle theſe being beaten to powder, well together, and drink it in ſtale Ale lukewarm.

To make Aqua Compoſita:

Take of Anniſeeds and Licorice bruiſed, of each half a pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander and Carraway ſeeds bruiſed, of each two ounces, Roſemary, and Sage, of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire.

An ointment for any ſwelling.

Take of Marſh Mallowes, of Wormwood, of Smallage, of each one handful, boil it with one pound of the greaſe of a barrow Hog until it be very green, then ſtrain it, and keep it very cloſe. Ladie *Pawlet.*

A plaiſter for the Back.

Take half a pint of Oil of Roſes, four ounces of white Lead ground into fine powder, put your Oil into a clean Poſnet, and ſet it on the fire, and when it is warm put in your white Lead, ever ſtirring it, then put into it of your Wax one quarter, ſtir it until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of four pence, fine *Bole*, and *Terra ſigillata*, of each two penny weight in fine powder all, ſtill ſtirring it till it be almoſt cold, and ſo make it up in rowls: uſe it as need requires, for all weakneſſe, waſting, or heat in the Kidneyes. *Craniſh.*

To make Oil of Swallowes.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberrie leaves, of each alike, four Swallowes, feathers, and altogether, well bruiſed, three ounces of Sallade oil, beat the Hearbes and

and the Swallows, feathers, and altogether, until they be ſo ſmal that you can ſee no feathers, then put in the oile, and ſtir them well together, and ſeeth them in a poſnet, and ſtrain them through a canvas cloth, and ſo keep it for your uſe.

For *a thorn, fellon, or prick.*

Take the juce of Fetherfew, of Smallage, of each one Saucer full, put to it as much wheat of Flour as will make it ſomewhat thick, and put to it of good black Sope the quantity of one Walnut, mingle them together, and lay them to the ſore.

A drink for one that hath a Rupture.

Take of Comfilli, otherwiſe called Boneſel, a pretty handful, of Woodbitten as much, Rread, Plantain, and leaves, of Cammock ſomewhat more then a handful, of Vervoin as much as of the Cammock, of Daiſie roots a ſmall quantity, of Elder tops, or young buds, the leaſt quantity, ſtamp all theſe together, and put unto them, being ſtamped, one pint of pure white Wine, then ſtrain it, and drink of it morning and evening, one hour or more before breakfaſt or ſupper, a good draught blood-warm.

If it be a ſucking Child, let the Nurſe drink poſſet-ale of the aforeſaid drink, and let the Childe ſuck immediately: If it be an old body, let him take it lying in his bed nine dayes, if it may be conveniently, or otherwiſe to uſe no ſtraining.

For *the Lask, or Flux.*

Take one quart of red Wine, as much ruuning water, one ounce of Cinnamon, ſeeth theſe half away, and give the Patient ſix ſpoonfuls to drink morning and evening, if you think it be too harſh, put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Wood-

Woodbine, of Marigolds, and Tetſal, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boyle all theſe to a quart, then ſtrain it, and put thereto two great ſpoonfuls of the beſt Engliſh Honey, and one ounce of roch Allum, boyle them all again as long as any skum ariſeth, then take it off and put it in a cloſe bottle, and uſe it blood warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a houſe, ſeeth it in Rheniſh wine till it be well ſodden, then put it in a linnen cloth, and lay it to her Navel, as hot as ſhe may ſuffer it, four or five times.

A Water for an old ſore.

Take Honney ſuckles, Watter-Bettony, Roſemary, Sage, Violet leaves, Elder leaves, cut them all ſmal together, and ſeeth them in a quart of running water, put thereto two ſpoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot ſleep.

Take the juyce of Houſleek, and of Lettice, of each one ſpoonful, of womans milk ſix ſpoonfuls, put them together, and ſet them upon a Chafingdiſh of coales, and put thereto a piece of Roſe-cake, and lay to your Temples.

To quench or ſlack your thirſt.

Take one quart of rnnning water out of the Brook, ſeeth it, and skum it, put thereto five or ſix ſpoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruiſed, drink it lukewarm.

For

For one that hath a great heat in his Hands and ſtomack.

Take four Eggs, roaſt them hard, peel them, lay them in Vinegar three or four hours, then let the ſick man hold in either hand one of them, and after ſome ſpace change them and take the other, and it will allay the heat.

Againſt all aches, and eſpecially of a Womans breaſt.

Take milk, and Roſe leaves, and ſet them on the fire, put thereto Oatmeal, and Oyle of Roſes, boil them till they be thick, and lay it hot under the ſore, and renew it ſo till it be alwayes hot.

For the Ptiſick and dry Cough.

Take the Lungs of a Fox, beat them to pouder, take of Licorice, and Sugar-candy, a good quantity, a ſmall quantity of Cummin, mix theſe all well together, and put them in a bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snailes that have ſhels, pick them, and with the juyce that cometh from them rub the Wart every day for the ſpace of ſeven or eight dayes, and it will deſtroy them.

A perfect water for the ſight.

Take Sage, Fennel, Vervin, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all theſe in white Wine one night; ſtill it in a Stillatory of glaſs, this water will reſtore the ſight of one that was blinde three yeers before.

To reſtore the Hearing.

Take Rue, Roſemary, Sage, Vervin, Marjoram; of each

each one handful, of Cammomil two handfuls, ſtamp them, and mould them in Rie dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midſt, and as hot as may be ſuffered bind it to your ears, and keep them warm and cloſe one day or more, after it be taken away forbear yee to take cold.

For a Felon in the Joynts.

Take Rue, Fetherfew, Bores greaſe, Leaven, Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmal, then beat them together, and lay it to the ſore place.

To comfort the Brains, and to procure ſleep.

Take a red Roſe cake, three ſpoonfuls of white wine Vinegar, the white of one Egg, three ſpoonfuls of Womans milk, ſet all theſe on a chafingdiſh of coals, heat them, and lay the Roſe cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two clothes, and lay it to your forehead as warm as you may ſuffer it.

A Medicine for a ſore head with a Scald.

Take one peck of Shoomakers ſhreds, ſet them over the fire in a braſs pan, put water to them, and ſeeth them ſo long as any oile will ariſe, and evermore be ſcumming off the oile, then take Plantain, Ribwort, Houſleek, leaves, ground Ivy, knotted graſs, wild Borrage, Tutſan, hearb Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a morter and ſtrain them, then take half a penniworth of Roſin, half a penniworth of Allum, a little Virgins Wax, beat them, and put them into a pan, and ſet it over the fire, put thereto the hearbs and the oile, let them ſeeth till all be melted, then ſtrain them into a pan, & ſtir them till they be cold, & put it into a box for your uſe, when you

you dreſſe your head, heat a little in a ſaucer, annoint it every day twice, pull out the hairs that ſtand upright, and with linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of *Valerian* two pound, beat them very ſmall, then ſtrain them, and take the juice thereof, put one pound of yellow Wax, one pound of Roſin, one pound of Deer ſuet, boil them together till they be very green, and when it is half cold, put to it a quarter of a pound of Turpentine, and keep it for your uſe.

For the running of the Reins: approved.

Take the Rowes of Red Herrings, dry them upon the coals, till they will beat to powder, then give it the Patient to drink in the morning faſting, as much as will lie upon a ſhilling in five ſpoonfuls of Ale or Wine, be he never ſo weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows greaſe, two good handfuls of Mugwort chopped very ſmall, boil it with the Barrowes greaſe upon a ſoft fire, by the ſpace of four hours, then ſtrain it from the Mugwort, and put it up in an earthen thing for your uſe, and anoint your feat as you go to Bed.

A Medicine for any heat, burning, or ſcalding: approved.

Take half a pint of the beſt Cream you can get, and ſet it in a fair Poſnet upon the fire, then take two good handfulls of Daiſie roots, leaves and all clean waſhed, and very finely ſhred, put them into the ſame Poſnet, and boil it upon the fire, until it be a clear oyntment, then ſtrain it through a cloth, and keep it for your uſe.

To make Aqua composita *to drink for a Surfet, or a cold Stomack, and to avoid flegm or glut from Stomach.*

Take one handful of Rosemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, six good crops of red Mints, and as much of Pennyroyal, half a handful of Horehound, six crops of Majoram, two ounces of Liquorice well bruised, and so much of Annise seeds, then take three gallons of strong Ale, and put all the aforesaid things, Ale and Hearbs into a brasse pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come no air out, and so keep it with a soft fire, as other *Aqua vitæ*.

For an ache in any joynt.

Take clarified Butter, a quarter of a pound, of Cummin one pound, Black Sope a quarter of a pound, one handful of Rue, Sheeps suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Ox, spread it on a plaister, and lay it on as hot as you can, and let it lye seven dayes.

A *Plaister to lay to the Head, for Rheum which runneth at the Eyes.*

Take the powder of Rose-leaves, Rose-water, and Betonie water, of each a like quantity, and a little Vinegar, put your powders into the Water and Vinegar, stir them and temper them, and make them in a Plaister, and put to it a little powder of *Terra sigillata*.

A *Water to be used with the plaister aboveſaid for the same purpose.*

Take one quart of new Milk, two pound of gree

Fenne

Fennel, a quarter of a pound of Eye-bright, put the Hearbs and Milk into a Stillatory, caſt half an ounce of Camphire thereon, and with this Water waſh your Eyes and Temples.

For the Emerods, approved.

Take a piece of tawnie cloth, burn it in a frying pan to powder, then beat it in a Morter, as fine as may be, ſearce it, then lay it on a brown paper, and with ſpittle make it Plaiſter-wiſe, and lay it to the place, and truſſe it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, and put thereto ſallet oyl three or four ſpoonfuls, and a pint of Milk, and ſeeth them together to a good thickneſſe, ſpread it on a cloth, and lay it to the ſore; inſtead of Sallet oyl, you may uſe Deer ſuet.

A bath for an ach in the back and limbs.

Take Mugwort, Vervin, Fetherfue, Dill, Roſemary, Burnet, Tunhoof, Horehound, and white Mints, Senkil and Sage, of each one handful, ſeeth all theſe in four gallons of running water, and let it ſeeth till one gallon be waſted, then bath your leggs with it five nights together.

A Medicine for any joynt that is numme with any ach: approved.

Take Virgin Wax one ounce, Verdigreaſe half a quarter of an ounce, Brimſtone, Sope, oyl of Eggs, of Allum, of Honey, of each a like quantity, temper them all together, and lay it upon the place grieved ſomewhat warm.

A Medicine for a Felon on any Finger.

Take as much gray Salt as an Egg, winde it in gray Paper, lay it in the embers a quarter of an hour, then beat it in a morter very fine, then take the yolk of a new laid Egg, beat it with this powder until it be very ſtiff, ſpread it upon a cloth, lay it upon the joint grieved twenty four hours, and ſo dreſſe it three times.

For a Boil or Puſh.

Take the yolk of a new laid Egg, a little Engliſh Honey, put it into the ſhell to the yolk, put in as much wheat meal as will make it to ſpread, then take one branch of Rue, and one of Fetherfew, ſhred them very fine, and put it to the ſame Medicine, ſtir them very well together, ſpread it upon a peece of leather, and lay it to the place grieved.

An Electuary to cauſe good digeſtion, and to comfort the Stomack.

Take Setwel, and Galingal, of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſlices, three Barberies ſliced fine and huſked, three ſlices of Liquorice, half a ſpoonful of Anniſe ſeeds clean duſted, one long Pepper cut ſmall, white Pepper ſix grains, as much black Pepper, beat them all into a groſſe powder, then put thereto two grains of Muſk, one grain of Ambergreece, then take Mint water and Sugar, boil them together, and when they are come to the right perfection of thickneſſe, put in thoſe powders above mentioned in the cooling, with a little conſerve of Roſemary flowers, of this take the quantitie of a Nutmeg, half an hour before you eat or drink at meals.

A *Pouder for the Rheum, or Sore Eyes.*

Boyle one pint of Hop-water, when the Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Licorice in very fine pouder, the Water being taken from the fire, for the Licorice muſt not boyl in the Water, ſtirre them together till the Water be clean conſumed, then adde to them, of Anniſe-ſeeds, and Fennel-ſeeds, of each half a pound made into very fine pouder through a Searce, Angelick roots, Elicampane roots, and leaves, and flowers, of Eyebright made into very fine pouder, of each one ounce and a halfe, mingle theſe together, and ſo keep it cloſe, and when you eat of this pouder weigh out of the whole quantity two ounces, whereunto adde as much good *Aqua vitæ* as will moiſten it, or Angelica-water, or *Roſa ſolis*, to keep it from being muſty, ſet it near the fire; eat of this Pouder at any time as much as you may take up with a groat, and it is ſpecial good for the Rheum, for cold, or for ſore eyes. Mr. *Bendlow.*

A ſalve for any Wound.

Take Roſin, Perroſin, Wax, of each eight ounces, of Sheeps Suet, and Frankincenſe, of each four ounces, one ounce of Maſtick made in pouder, boyle all theſe in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder; when it is almoſt cold put thereto four ounces of Turpentine, and make it up in rouls, but before it be rouled you muſt waſh it up in running Water. *A. T.*

To *deliver a Child in danger.*

Take a Date ſtone, beat it into powder, let the Woman drink it with Wine, then take Polipody and emplaiſter it to her feet, and the Child wil come whether

it be quick or dead; then take Centory, green or dry, give it the Woman to drink in Wine, give her also the Milk of another Woman.

A *most singular Sirupe for the Lungs, and to prevent the Consumption.*

Take Egrimony, Scabias, Borrage, Bugloſſe, of each twenty leaves, Folefoot, Lungwort, Maiden-hair, of each half a handful, Suckory, and Endive, of each ſix leaves, of *Carduus Benedictus*, Hore-hound, Nip, of each four crops unſet, Hop halfe a handful, Fennel roots, Parſly roots, Smalladge roots, of each three roots ſliced and the piths taken out, Elicampane four roots ſliced, Iris roots half an ounce ſliced, Quinceſeeds one ounce, Licorice three good ſticks ſcraped and ſliced ſmall, twenty Figs ſliced, Raiſins of the Sun one good handful ſliced, and the ſtones taken out, boyle all theſe in a gallon of running Water till halfe be conſumed, then take it from the fire and let it ſetrle, then ſtrain it, and boyle it again with as much white Sugar as will make it thick as ſirupe, that it may laſt all the year.

A *Pouder for the Stone.*

Take Hawes, and Hips, of each a good handful Aſhen keyes half a handful, three or four Acorns the ſhels of three new laid Egges, Grounwel ſeeds Parſly ſeeds, of each half an ounce, Perſtone a good handful, Camock roots half a handful, make all theſe in fine pouder, then put thereto two ounces of Sugar-candy beaten ſomething ſmall, take a ſixpenny weight of this pouder at a time in the morning faſting, and drink not after it one hour.

For the Collick and Stone.

Take one handful of *Philipendula*, of Roſemary of Saxifrage, of Ivy growing in the wall, of Harts tongue

tongue, of Thyme, of Parſly, of Scabias, of each four handfuls, of Marigolds one handful, of Marjoram three handfuls, of brown Fennel, of Longedbeef, of Spernits, of Borage, of each two handfuls, of Maidenhair, three handfuls, ſtill all theſe in *May*, keep it in a glaſſe till you have need of it, then take of it five ſpoonfuls, and three of white Wine, and of clean pouder of Ginger half a ſpoonful, put theſe together, and warme it luke-warme, and let the Patient drink it in the morning two houres before he riſe out of his bed, let him lay more clothes upon him, for it will provoke him to ſweat, after the ſweat is gone let him riſe and walk whither he will.

A good Water to drink with Wine, or without to cool Choler.

Take Borage roots, and Succory roots, of each two, waſh and ſcrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair ſpring water, ſet it on a fire of charcoal, put the roots in it, and eight penniworth of Cinnamon; when it beginneth to ſeeth, put into it four ounces of fine Sugar, and let it ſeeth half an hour, then take it off, let it cool, and drink hereof at your pleaſure.

To make Aqua Compoſita *for the Collick and Stone.*

Take of ſtrong Ale one moneth old as many gallons as your pot will hold, and for every gallon take two ounces of Licorice, and as much of Anniſeeds and of theſe Hearbs following two handfuls of each to every gallon, of Birch leaves, Burnet, Paſphere, Pellitory of the wall, Watercreſſes, Saxifrage, Grumwel, *Philipendula*, Penniroyal, Fennel, half a root of Elicampane, of Hawes, of Hips, of Berries, and

Brambles, and Berberries of each half a pint, di-ſtil them as you do other *Aqua vitæ*.

A *Medicine for the Collick paſſion.*

Take the ſmooth leaves of Holly, drie them, and make them into pouder, of Gromwel-ſeed, and of Box-ſeed, of each a little quantity, let the patient drink hereof.

To take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wilding tree, with the leaves in a ſummer, of each half a handful, as much Bettony, three crops of Roſemary, ſeeth them in a quart of poſſet Ale to a pint, and let the ſick drink of this as hot as he can, and ſo within three times it will eaſe him.

For the hardneſſe and ſtiffeneſſe of Sinewes.

Take twelve fledg'd Swallowes out of the neſt, kill them, beat them feathers and all in a Morter, with Thyme, Roſemary, and Hop, then ſeeth them with *May* Butter a good while, then ſtrain them through a Strainer as hard as you can, and it will be an Oint-ment, take the ſtrings that grow out of the Strawber-ries and beat them amongſt the reſt.

To *ſtay the Flux.*

Take white Starch made of Wheat two or three ſpoonfuls, and take alſo new Milk from the Cow, ſtir theſe together, and let them be warmed a little, and give it to the party grieved in manner of a glifter: a preſent remedy.

An appoved Medicine for the Plague, *called the Philoſophers Egge, it is a moſt excellent* Preſervative *againſt al* Poyſons, *or dangerous Diſeaſes that draw towards the Heart.*

Take a new laid Egge, and break a hole ſo broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that the ſhell be not burned, and as thoſe embers do cool, ſo put in more hot, and do ſo for the ſpace of two dayes until you think it be drie, for proof whereof you ſhall put in a Pen, and if it come out drie it is well, then take the Egge and wipe it very clean, then pare the ſhell from the Saffron, and ſet it before the fire, and let it be warm, then beat it in a Morter very fine, and put it in by it ſelf, then take as much white Muſtardſeed as the Egge and Saffron, and grind it as ſmall as meal, then ſearſe it through a fine Boulter, that you may ſave the quantity of the Egge ſo ſearſed, then take a quarter of an ounce of Dittany roots, as much of Turmentil, of *Nuces vomicæ* one drachm, let them be dried by the fire as aforeſaid, then ſtamp theſe three laſt ſeverally very fine in a Morter, then mix them three well together, after that take, as a thing moſt needful, the root of Angelica, and Pimpernel, of each the weight of ſixpence, make them to powder, and mix them with the reſt, then compound therewith five or ſix ſimples of Unicorns horn, or for want thereof of Harts Horn, and take as much

weight, as all these fine pouders come to, of fine Triacle, and stamp it with the pouders in a Morter until all be well mixed and hang to the Pestle, and then it is perfectly made, then put the Electuary in a stone pot well nealed, and so it will continue twenty or thirty years, and the longer the better.

How to use this Electuary.

First, when one is infected with the Pestilence, let him take, so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of fine Triacle, if it be for a man, but if it be for a woman or child, take lesse, and let them be well mixed together, and if the disease come with cold, then give him this Electuary with halfe a pint of white Wine warme, and well mixed together; but if it come with heat, then give it him with Plantain water, or Well water, and Vinegar, mixt altogether, and when he hath drunk the same, let hin go into his naked bed, and put off his shirt, and cover him warme, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten houres, as he is able to endure, for the more he doth sweat the better, because the disease sadeth away with the sweat; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist clothes wet with water and salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warme bed with a warme shirt, and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed for they be infectious; and let the keeper of the sick beware of the breath or air of the party in the

time of his ſweating, therefore let her muffle her ſelf with double old cloth; wherein is Wormwood, Rue, Fetherfew, crums of ſoure bread, and Vinegar, and a little Roſewater, beat all theſe together, and ſo put it into the muffler, made new every day while you do keep him, and let the ſick party have of it bound in a cloth to ſmell on while he is in his ſweat, then after do it away and take a new, and becauſe he ſhall be faint and diſtempered after his ſickneſſe, he ſhall eat no fleſh, nor drink Wine the ſpace of nine dayes, but let him uſe the Conſervatives for his health, as Conſerve of Bugloſſe, Borage, and red Roſes, and eſpecially he ſhall drink three or four dayes after he hath ſweat, morning and evening, three ounces of the juice of Sorrel mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the heart; alſo if one take the quantity of a *Pea* of the ſaid Electuary with ſome good Wine, it ſhall keep him from the infection; therefore when one is ſick in the houſe of the Plague, then ſo ſoon as ye can, give all the whole houſhold ſome of this Receipt to drink, and his keeper alſo, and it ſhall preſerve them from the infection, yet keep the whole from the ſick as much as you can, beware of the clothes and bed that the ſick party did ſweat in.

To make Balm water.

Take four gallons of ſtrong Ale and ſtale, halfe a pound of Licorice, two pound of Balm, two ounces of Figs, halfe a pound of Anniſe-ſeeds, one ounce of Nutmegs, ſhred the Balm and Figs very ſmall, and let them ſtand ſteeping four and twenty houres, and then put it in a Still as you uſe *Aqua vitæ.*

To *make Doctor* Stephens *Water.*

Take one gallon of good Gaſcoign Wine, of

Ginger, Galingal, Nutmegs, Grains, Anniſe-ſeeds, Fennel-ſeeds, Carraway-ſeeds, then take Sage, Mints, red Roſes, garden Thyme, Pellitory, Roſemary, wild Thyme, Penniroyal, Cammomil, Lavender, of each one handful, bray your Spices ſmall, and chop the hearbs before named, and put them with the ſpices into the Wine, and let it ſtand 12 hours, ſtirring it very often, then ſtill it in a Limbeck, cloſed up with courſe paſte, ſo that no air enter, keep the firſt water by it ſelfe, it is good ſo long as it will burn.

An Ointment for any Strain in the Joynts, or for any Sore.

Take three pound of freſh Butter unwaſhed, and ſet it in an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the butter and put it into a *Poſnet*, then take the tops of red Nettles as much as will be moiſtened with the butter, and chop them very ſmall, and put them in the butter, ſet it on the fire, and boyl it ſoftly five or ſix houres, and when it is ſo boyled, put thereto halfe a pint of the beſt oyl Olive, and then boyle it a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

If you think good inſtead of Nettles, onely you may take theſe hearbs, Cammomil, Roſemary, Lavender, Tunhoof, otherwiſe Ale hoof, Five finger, Vervain, and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boyl it in beer until the beer look black, and then take a good draught and put it into a pot, then take ſix ſpoonfuls of Sallet Oyl for an extreme Ague, brew it to and fro in two pots, then drink it, and let the party labour to any exerciſe untill

He

he ſweat, then let him lye down upon a bed very warm until he hath done ſweating, this do three times when the Ague cometh upon him.

A *pouder againſt the Wind in the ſtomack.*

Take Ginger, Cinnamon, and Gallingal, of each two ounces, Anniſe ſeeds, Carraway, and Fennel ſeeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm make all in powder, and put thereto one pound of white Sugar, and uſe this after your meat or before at your pleaſure, at all times it comforteth the ſtomack marvellouſly, carrieth away wind, and cauſeth good digeſtion.

For a pin and Web in the Eye.

Take the white of an Egg, beat it to oyl, put thereto a quarter of a ſpoonful of Engliſh Honey, half a handful of Daiſie leaves, and in winter the roots, half a handful of the inner rind of a young hazel not above one yeers growth, beat them together in a Morter, and put thereto one ſpoonful of Womans Milk, and let it ſtand infuſed two or three hours, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For blood-ſhotten, and ſore eyes, coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it into fine pouder, and temper it with a quart of white Wine, put thereto one ounce of dried Roſe leaves, and boil them altogether with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth, and keep it in a glaſs, and uſe it evening and morning, and put it into the ſore eyes with a feather or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſewater, and let it lye half

an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before.

For an Ach in the bones.

Take Southernwood, Wormwood, and Bay leaves, of each one handful, one Oxe Gall, one pint of Neatfoot oile, put all theſe together, and let them ſo ſtand two or three dayes, and let them boile upon a very ſoft fire, then put in of Deers ſuet a good quantity, ſtrain them, and put them into a pot, and ſo annoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigneſs of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyſop water, and Fennel water, of each half a pint, of ſliced Licorice. and Sugar of each a pretty quantity, ſeeth them e ſily over a good fire, ſtrain it, and let them take a little hereof at once, and often you may diſſolve pellets therein, and you may annoint their cheſt with oile of Almonds, and a little Wax.

A *Medicine for ſore Eyes.*

Take red Fennel, and Celendine, of each on handful, ſtamp and ſtrain them, that done, take five ſpoonfuls of Honey, and white Copperas the quantity of one Pea, Roſewater five ſpoonfuls, boyl all theſe together in an earthen pot, skum it well, and clarifie it with the white of an Egge; this is an excellent Medicine to clear the ſight of the eye, if there be any thing in the eye ſuperfluous to hinder the ſight, but if there be nothing but heat, it is nothing ſo good,

To *help one that is inwardly bruiſed.*

Take of Borrage, and red Sage, of each a handful, ſtamp,

ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine, as the juyce thereof, and let the party drink it warm, and if it keep within him four and twenty hours, after he will recover; if he be bound in the body, let him take three ſpoonfuls of Sirupe of Damask Roſes, and two ſpoonfuls of Sallad oile, and drink it faſting, and an hour after let the party take ſome warm broth.

For the Spleen.

Take of Lavender, Fennel, Parſly, Cammomil, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful of Anniſe ſeeds, and Fennel ſeeds, of each one handful, of Cummin ſeeds two handfuls, of Cloves four ſpoonfuls, and of Mace two ſpoonfuls, gather theſe hearbs in the heat of the day, and dry them in the Sun two dayes, laying them very thin on a ſheet, and bruiſe the ſeed groſly, and ſteep them in as much Sallade oyle as will cover all theſe things, and ſomewhat more, and ſo ſet them in the Sun ten dayes, which being done, ſtrain your oyle from your hearbs and your Spices, and then infuſe it new again as before, with hearbs and Spices in like manner, and to that oile thus infuſed or ſtrained, adde bitter Almonds, and oile of Capers half a pint, then take a quarter of a ſpoonful of the ſaid oile, and put it in your hand, your hand being warm, rub them together, and annoint and rub the patient grieved with both your hands, the one on the right ſide, the other on the left, from the loines down to the bottom of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly, and continue in continual rubbing, about a quarter of an hour.

For a burning or Scald.

Take a quantity of Sheeps Suet, the white of Hen dung,

dung, and fresh Grease, boil all these together, strain it, and annoint the party with a feather.

For the Emeroides and Piles.

Take juyce of Elder, *May* Butter, and Dears Suet, melt them, letting the juyce and the Butter simper, and then put the Suet to them, make them into pills, and if you make a Suppositor, you must put in more Deere Suet.

For the Canker in the Mouth or Nose.

Take the ashes of green leaves of Holly, with half so much of the burnt pouder of Allum, blow with a quil into the place grieved, and it will help Man, or Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the pouder of white Amber, and burn it in a chafing-dish of coals, and let them hold their mouths over it, and suck in the smoak, and anoint their nostrils with the oile of Amber, and if they be not with child, take two or three drops of the oil of Amber in white wine warm or cold, but the oil of Amber must be taken inward but once a day, and outward as often as the fit taketh them.

A *Medicine for the Worms.*

Take one penniworth of Alloes with the like quantity of Oxe gall and Mithridate, mix them together, and lay them to the childs navel upon a plaister.

A *preservative against the* Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine Vinegar, and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list, *A*

A pill for thoſe that are infected.

Take of Aloes ſuccatrine half an ounce, of Myrrh, and Engliſh Saffron, of each a quarter of an ounce, beat them into ſmal pouder with Malmſey, or a little Sack, or Diaſcordion, make two or three ſmall pils thereof, and take them faſting.

A poulteſs to break a plague Sore.

Take a white Lilly root, and ſeeth it in a penny-worth of Linſeed, and a pretty quantity of Barrows greaſe, beat the Linſeed firſt very ſoft, afterwards beat altogether in a Morter, make thereof a plaiſter.

An Electuary to be taken for the Plague.

Take the weight of ten graines of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves ſtamped together, with a ſufficient quantity of *Pimpernel* water, make up all theſe together in a maſs or lump, and keep it in a glaſs or pot for your uſe, take the quantity of twelve graines faſting in the mornig, and it will not onely preſerve from the peſtilence, but expel from thoſe that be infected.

Againſt a Tertian Ague.

Take *Dandilion* clean waſhed, ſtamp it, and put it in Beer, and let it ſtand all night in the Beer, in the morning ſtrain it, and put half a ſpoonful of Triacle into it, make it luke-warm, and let the patient drink of it faſting upon his well day, and walk upon it as long as he is able, this hath been approved good for an Ague that cometh every ſecond day..

Againſt

Againſt the Wind.

Take Cummin ſeeds, and ſteep them in Sack four and twenty hours, dry them by the fire, and hull them, then take Fennel ſeed, Carraway ſeed, and Anniſe ſeed, beat all theſe together, and take every morning half a ſpoonful in broth or beer faſting.

Againſt Wind.

Take Enula campana, grate it, and drink halfa ſpoonful faſting.

For the ſting of an Adder.

Take a head of Garlick and bruiſe it with ſome Rue, add ſome Honey thereto, and if you will ſome Triacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boile it with unwaſhed Butter to an Ointment.

A Medicine for a Woman that hath a dead Child, or for the after birth after deliverance.

Take Date ſtones, dry them and beat them to pouder, then take Cummin-ſeed, Crains, and Engliſh Saffron, make them in pouder, and put them altogether in like quantity, ſaving leſs of the Saffron then of the reſt, then ſearce them very finely, and when need is to drink it, take a ſpoonful at once with a little Malmſie, and drink it milk warm, it is good to bring forth a dead child, or for the after-birth, or if the woman have any riſing in her ſtomack, or fluſhing in her face during her childbed, the Date ſtones with round holes in the ſides are the beſt, if you put a quantity of white Amber beaten amongſt the pouder, it will be the better.

To make the beſt Paracelſus *ſalve.*

Take of Litharge of Gold and Silver of each three ounces, and put to it one pound and half of good Sallet oile, and as much of Linſeed oile, put it into a large earthen veſſel well leaded, of the faſhion of a milk boul, or a great baſon, ſet it over a gentle fire, and keep it ſtirring till it begin to boile, then put to it of read Lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual ſtirring, and let it boil two hours, or ſo long till it be ſomething thick, which you may know by dropping a little of it upon a cold board or ſtone, then take a skillet, and put into it a pound of yellow Wax, as much black Roſin, half a pound of gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepatica*,, of both the kinds of *Ariſtolochias* round and long, of every of theſe in fine pouder ſearced one ounce, of *Mummia* one ounce, and a half, of oile of Bayes half a pound, of oile of Juniper ſix ounces, diſſolve all theſe together in the aforeſaid Skillet, and then put them to the former Plaiſter, ſet it over a gentle fire, and keep it with ſtirring, till it boil a little; Then take your five gums, Popanax, Galbanum, Sagapenum, Ammoniacum, and *Bdelium*, of each of theſe three ounces, which muſt be diſſolved in white wine Vinegar and ſtrained, and the Vinegar exaſperated from them before you go about the plaiſter, let there be three ounces of each of them when they are thus prepared, then when the Plaiſter hath gently boyled, about half the bigneſs of a Nutmeg at a time, continuing that order until all the Gums be in and diſſolved, then ſet it over the fire again, and let it boil a very little, but before it boil, be ſure that the gums be all diſſolved, for elſe it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the ſtirring of it very carefully, and put to it theſe things following, being in readi-

neſs,

neſs, take of both the Corals red and white, of mother of Pearl, of Dragons blood, of *Terra lemnia*, of white Vitriol of each of them one ounce of *Lapis Hematitis*, and of the Loadſtone, of each of them one ounce and a half, of the flours of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpentine half a pound, mix all theſe together, but firſt let thoſe things that are to be poudred, be carefully done, and fully ſearced, then put them altogether among the former things, and again ſet it over the fire with a moderate heat, and gentle, to boil, till it be in the form of a plaiſter, the which you may know by dropping it on a cold peece of Wood or Stone, or Iron: you muſt above remember to keep it with continual ſtirring from the beginning to the ending, when you make it up, let your hands and the place you roul it on be annointed with the oile of S. *Johns Wort*, and of earth worms, and Juniper, Cammomile and Roſes together, wrap it in parchment or leather, and keep it for your uſe.

Memorandum, That the Camphire be diſſolved in the oil of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Ointment for any ſtrain in the joynts, or for any ſore.

Take three pound of freſh Butter unwaſhed, and ſet it into an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the Butter, and put it into a poſnet, then take the tops of red Nettles, and chop them very ſmal, and put ſo many Nettles to the Butter, as will be moiſtned with the Butter, and ſo ſet it on the fire, and boil it ſoftly five or ſix hours, and when it is ſo boyled, put thereto half a pint of the beſt oyle Olive, and then make it boil a very little, and take it off,

and

and strain it into an earthen pot, and keep it for your use.

Mr. Ashley's *Ointment.*

Take six pound of *May* Butter unsalted, one quart of Sallet Oyl, four pound of Barrows grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense; To this rate take these Hearbs following, of each a handfull, *viz.* Smallage, Balm, Lorage, Red Sage, Lavender, Lavender-Cotton, Hearb-grace, Parsley, Cumferie called Boneset, Sorrel, Laurel leaves, Birch leaves, Lung-wort, Majoram, Rosemarie, Mallowes, Cammomile, S. Johns Wort, Plaintain, Allheal, Chickweed, English Tobacco, or else Henbane, Groundsell, Woundwort, Betonie, Egrimonie, *Carduus Benedictus*, wilde wine, or white Wine called Bryan, Adders tongue, Mellilot; pick all these Hearbs clean, wash them, strain them clean from the water, all these must be gathered after the Sun rise, then stamp all these Hearbs in a stone or wooden Morter, so small as possible may be, then take your Rosin, and beat it to powder with your Frankincense, and melt them first alone, then put in your butter, your Hogs grease and Oil, and when all is melted, put in your Hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise, a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigrease very finely beaten to powder, and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir until it leave boyling: Then put it in an earthen pot, stopping the pot very close with a cloth and a board on the top, and set it in a dunghil of horse-muck twenty one dayes, then take it up and put it into a kettle, and

let

let it a boil a little, taking heed that it boil not over, then ſtrain all through a courſe Cloth, into an earthen or gallie pot, and when all is ſtrained, put to it half a pound of oil of Spike, and cover the pot cloſe until you uſe it, and when you uſe it, make it warm in Winter, and uſe it cold in Summer.

An approved Medicine for any ach in the joynt whatſoever.

Take half a pound of Roſin, half a pound of Frankincenſe, of Olibanum and Maſtick, of each one ounce, Wax, Deer ſuet, Turpentine, of each two ounces, Camphire two drachms, beat the Olibanum, Maſtick, Roſin, and Frankincenſe, and Camphire in powder, then put it in a braſſe pan with a pottle of white Wine, and put in the Wax and Deer ſuet, into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire, and let it ſtand and cool until the next day, then work it with your hand to work out the Wine, annointing your hands firſt with oil, then make it up in rowles, then as need ſhall ſerve, take thereof and ſpread it with a warm knife upon a fleſhie ſide of a Sheeps ſkin, and apply it warm to the grieved place, and take it not off until it fall off of it ſelf, pricking the Plaiſter full of holes.

A *Searcloth to be uſed againſt Carbuncles, red ſores, biles, ſwellings, or any hot Cauſes.*

Take a wine pint of pure Sallet oil, and put it into an earthen pot that is very large, and ſet it upon a very ſoft fire of Charcoal, and when it beginneth to boil, ſtir it with a Haſel ſtick of one years ſhooting, then put into it two ounces of *Venus* Sope, that is pure white, half a pound of red Lead, one quarter of

of a pound of white Lead, letting it boil very ſoftly, ſtirring it continually with this hazle ſtick for the ſpace of two or three hours, you ſhall know when it is boiled by this, drop one drop thereof upon a board, and it will be ſtiffe, when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boil again a little, then let your clothes be ready cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks which muſt be hollow in the middle to ſtrip the clothes through, then lay them abroad, until they be cold upon a board, then rowl them up and keep them, and when you uſe them lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, and lay the other ſide, and then let that lye as long.

Plague water to be taken three times, for the firſt helpeth not.

Take a gallon of white Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of theſe Hearbs following, Roſewater a quarter of a pint, Rue, Sage, Vervain, Egrimonie, Bettanie, Sallendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Wormwood, Dragons, Mugwort, all theſe hearbs muſt you ſhred in groſſe together, and ſteep it in the aforeſaid liquor the night before you diſtill it in a Roſewater ſtill, and then keep the firſt water by it ſelf being the weaker, and therefore fitter for Children, it helpeth all Fevers, Agues, and plagues, being thus taken, ſeven ſpoonfuls or thereabout of the ſtrongeſt blood warm, and give it to the partie to drink, in an Ague or Fever an hour before the fit come, and ſo to ſweat either by exerciſe, or in your bed, but your ſtomack muſt be empty, and if it be taken for the Plague, then put into it a little Diaſcordium or Mithridate.

and if it be taken for the plague, then put into it a little Diaſcordium, or Mithridate.

A *defenſive plaiſter.*

Take the white of an Egg, and Bole-Armoniack, ſpread it on leather.

A *Sirrup for a Cold.*

Take Coltsfoot, Water Hyſop, water and Honey, put Liquorice, Anniſe ſeeds, and Elecampane, put thereto the juice of Fennel, and boil them well.

To ſtay the bleeding of a wound.

Take a Charcoal red hot out of the fire, and beat it to powder.

A *Poulteſſe.*

Take Milk, Oatmeal, and red Roſe-leaves, and a little Deers ſuet.

For the running of the Reins.

Take cups of Acorns, and grate them, and grate ſome Nutmeg, put this in Beer, and drink.

For a Poulteſſe.

Take Linſeed, and beat it to powder, boil it in Milk with Mallows and Sheeps Suet.

For a Blaſt.

Take a good quantity of Vervin, and boil it in Milk, and waſh the Blaſt therewith very well, then binde the Hearbs very cloſe to it ſome few hours, after waſh it again the Milk being warmed, and ſo bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it feſter.

For a Blaſt.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boil them in Bores greaſe as much as much as will cover them, and for want thereof ſo much *May* Butter, and when they be boiled togather, let them ſtand two or three dayes, and then boil it a little, and ſo ſtrain it through a cloth.

A Balſamum.

Take in the latter end of *September* good ſtore of Honeyſuckle Berries, and put them in a body of a glaſſe Still ſtopped, and ſet it in hot horſe-dung eight dayes, diſtil it in Balm, then when you have drawn the water forth, pour the water into the ſtuff again, ſtop it cloſe, and put it in the dung four and twenty hours, then ſet it in aſhes, and diſtil both water and oil with a great fire as much as will come forth, and at laſt ſeparate the water from the oil in Balm.

To make an excellent Oil of Hypericon.

Take flours, leaves, and ſeeds of Hypericon as much as you liſt, beat them together, and infuſe them in white Wine, that they may be covered therewith, and ſet them in the ſun for ten dayes, then put thereto ſo much oil Olive as all the reſt doth weigh, and let it ſtand ten dayes more in the Sun, but look that you weigh the oil to know how much it is, then put thereto for every pound of Oil two ounces of Turpentine, and one drachm of Saffron, and of Nutmegs, and Cloves, of each half an ounce, of Mirrh, and Roſin, of each an ounce, and of the root of Briony two ounces, put them all in a veſſel of glaſs, and mix them well together, and ſet them in a veſſel of hot water, and then ſet thereto a head of glaſſe and Receiver well ſhut, and boil it ſo long until no more will diſtill from it, which will be about 24 hours, then take it out, and ſtrain it, whilſt it is hot, and keep it in a veſſel of glaſſe, and when you uſe it firſt heat it well,

and

and apply it upon a wound, without uſing any tent at all, this is excellent for a green wound, eſpecially if there be veins, ſinews, or bones offended or cut, it keepeth wounds from putrifaction, it cleanſeth them, and eaſeth pain, and doth incarnate and ſkin them; it helpeth bruiſes, pains, aches, or ſwellings in any part, and is wonderful good againſt venome or poiſon.

For the falling ſickneſſe.

Take the roots of ſingle Pionies, grate them, drink them, and wear ſome of them about your neck.

For kibed Heels.

Take a Turnip, make a hole in the top of it, take out ſome of the pith, infuſe into that hole oil of Roſes, then ſtop cloſe the hole, roaſt the Turnip under the embers, when it is ſoft, apply it plaiſterwiſe warm to the Kibe, binde it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Saltpeter, boll it in a Goldſmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or ſixpenny weight of Roch Allum, and a quarter of an ounce of Brimſtone, break them, and put them in the Saltpeter by little at once as it boileth, and let it burn till the flame go out of it ſelf, then pour it into a braſſe Ladle, or into a Chafer, and ſo let it ſtand till it be cold, and when you will uſe it, ſcrape it very fine with a knife, and put a little of it to the ſore eyes, hold down the Eye-lid till the pain be gone, then let water drop out of the Eye: This Medicine taketh away the Pearl, the

Pin,

Pin, the Web in the Eye, and all ſores and Blood-ſhed; it alſo helpeth the Tooth-ach, being put into the hollow Tooth with a little lint, if the Tooth be not hollow, rub it outward; finally it helpeth a ſtinking breath, being eaten in the Morning faſting.

For a ſcald Head.

Take a handful of Glovers ſhreds, and a handful of Dock roots, the pith taken out, and boil them in ſtrong Ale until they be reaſonable thick, and anoint the head therewith.

For a bloody Flux.

Take Rubarb and toaſt it, then grinde it to powder, and take as much as will lie upon a ſix pence, and keep warm that day, the next day eat conſerve of Roſes mixed with Corral, and drink that day if ye will poſſet Ale made of Cammomil.

For the Itch.

Take one pound of Butter unwaſhed, and unſalted, three good handfuls of red Sage, and as much Brimſtone beaten into powder as a Walnut, boil theſe well together, and ſtrain it, and put in half an ounce of Ginger beaten ſmall.

For ſore Eyes.

Take new Hens dung out of the neſt, and put it into an Oven almoſt cold, let it lie there all night, then take the white of it, and beat it being dryed, and take as much of the powder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in the morning waſh it out with the water.

A Water for ſore Eyes.

Take a pint of fair running water, of wilde Daiſies, and three leaved Graſſe, of each a good handful, waſh the Hearbs very clean in a Cullender, and put them into a clean ſkillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water when it is boiling, then taſte of the Water, and when it ſticks to the mouth, take as much Honey as will make it very ſweet, then after it hath boiled a little while, take it off the fire, ſtrain it, and drop a little every night into the Eyes.

An approved Application againſt any Surfeit.

Take the bottom of a Muncorn loaf, cut it about an inch thick, and as broad as the Palm of your hand, toaſt it very well, then take of Sallade oil, and Claret Wine, of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it, when the toaſt is well ſoaked, ſtrew the powder of Cloves and mace thereupon thick, then apply it to the ſtomack of the Patient as warm as he can indure it, it will purge upwards, and downwards ſo often as you apply a freſh toaſt made as aforeſaid, this may be applyed ſo often as any one finde their ſtomack ill at eaſe, although then it will not purge, except in caſe of a Surfeit.

A Medicine againſt the Plague.

Take of the root called Setwell to the quantity of half a Walnut, and grate it, of Triacle green one good ſpoonful, of fair water three ſpoonfuls, make all theſe more then lukewarm, and ſo drink them off in Bed, and ſweat ſix or ſeven hours, and in your ſweat drink ſmall poſſet Ale made of ſmall drink as you need,

need, but not till an hour and a half after the taking of the potion, and it will bring forth the Plague, for if you caſt the Medicine, you may take it the ſecond, third, or fourth time by the whole, half, or leſſe meaſure, as your Stomack will bear it: if any do take it, and thereupon happen preſently amendment, or a riſing, or ſore, you may think it to be the ſickneſſe, for the nature of the Medicine is to prevent the Plague, and in others, to expel the ſore, it be not taken too late, in which caſe the Stomack will not break it eaſily, nor after two or three times taking; if you miniſter it to any, let it be at their firſt ſickneſſe, leſt if their diſeaſe be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March*, and ſtill it in a glaſſe Still, it is a good Medicine to ſtop blood, and for the heat and redneſſe of the face, and good to cure green Wounds.

For the Tooth-ach.

Take of Sparemints, and ground Ivy, of each a handful, and a good ſpoonful of Bay ſalt, ſtamp all theſe very well together, and boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil altogether until they come to a quarter of a pint, then ſtrain it, and put it into a glaſſe, and ſtop it very cloſe, when your teeth do ake, take a ſpoonfull of it blood warm, and hold it in your mouth on that ſide the pain is.

To make Teeth ſtand faſt.

Take roots of Vervin in old Wine, and waſh the Teeth therewith.

For the perillous Cough.

Take white Horehound, and ſtamp it, and wring out the juice, and mingle it with Honey, and ſeeth it, and give it the ſick to drink; or elſe Sack, and Garlick ſeed, and roſt it in the fire, and take away the peelings, and eat the reſt with Honey, or elſe take Sage, Rew, Cummin, and powder of Pepper, and ſeeth all theſe together in Honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a Man that hath no taſte in Meat, or Drink.

Take a pottle of clear Water, and a good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Hearbes, and put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a veſſel wherein it may cool, and then take twenty or thirty Almonds, blanch them, and beat them in a Morter, and when the water is cold put to it the Almonds, and then ſtrain it through a clean Cipreſſe bag without compulſion, and if it be thick let it run through again, and ſo keep it in a veſſel, and drink it often, at all times as you pleaſe.

To preſerve a Man from the Plague.

Take *Aloe epaticum*, and *Aloe ſuccatrine*, fine Cinnamon, and Myrrhe, of each of them three drachms, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a drachm, let all theſe things be well ſtamped in a clean Morter, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning two penny weight in half a glaſſeful of white Wine, with a little water, and drink it

it in the morning at the dawning of the day, and ſo may you by the grace of God, go ſafely into all infection of the air and plague.

For a Tetter, or Ring-worm.

Take Mercury a quarter of an ounce, Camphire one penny weight, make them into powder, and rub them in a fair Porrenger, then take and mix them with the water of the Vine, four or five ſpoonfuls, ſtir them well together, then put as much more water to that, then ſtrain it through a cloth, and take Poppey ſeeds one quarter of an ounce, beat that in a ſtone Morter with a ſpoonful of the water of the Vine, putting a little and a little, till you have ſpent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, ſo mix them well together with your firſt Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſſe for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of Sirrup of Roſes, one ounce of Sine, one penniworth of Anniſe ſeeds, one ſtick of Liquorice, one pint of Poſtern water, ſeeth them altogether till it ſeeth to half a pint, then ſtrain them forth, then boil the two ounces of Sirrup of Roſes, and drink it warm.

For a Red Face.

Take Brimſtone that is whole, and Cinnamon, of either of them by even proportion by weight, beat them into ſmall powder, ſearce it through a fine cloth upon a ſheet of white Paper, to the quantity of one ounce or more, and ſo by even proportions in weight mingle them together in clean clarified Capons greaſe, and temper them well together until they be well mollified, and then put them to a little Camphire to

the quantity of a Bean, and ſo put the whole confection in a glaſſe.

For a young childe to make Water.

Boil Organy in fair water, and lay it warm to the Childes Navel.

A *Medicine for the falling of the Uvula into the Throat.*

Take a red Colewort leaf, whereof cut away the middle rinde, then put the leaf into a paper, and let it be burnt in hot embers or aſhes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

A Medicine for the heat of the ſoles of the feet, that cometh by rheum or blood.

Take a quantity of ſnails of the garden, and boil them in ſtale Urine, then let the Patient bath, and ſet his feet therein, and uſing that often, he ſhall be cured.

Gaſcons *own* Powder.

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine powder, and ſearce them, then take ſo much of the black toes of the Crabs clawes as of all the reſt of the powders, for that is the chief worker, beat them, and ſearce them finely as you do the reſt, then weigh them ſeverally, and take as much of the toes as you do of all the reſt of the five powders, and mingle them well together, and make them up into balls with jelly of Hartſhorn, whereunto put or iuſuſe a ſmall quantity of Saffron to give them colour, let them lye till they be dry and fully hard, and keep them for your uſe.

The

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The doſe is ten or twelve grains in *Dragon* water, *Carduus* water, or ſome other Cordial water.

The Apothecaries in their compoſition of it, uſe to put in a drachm of good Oriental Bezar, to the other powders, as you may ſee in the preſcription following.

This is thought to be the true compoſition invented by *Gaſcon*, and that the Bezar, Muſk, and Ambergreec, were added after by ſome for curioſity, and that the former will work without them as effectually as with them.

The Apothecaries Gaſcon *powder With the uſe.*

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighs of Crabs calcinated two ounces, to every ounce of this powder put a drachm of Oriental Bezar; reduce them all into very fine powder, and ſearce them, and with Hartſhorn jelly with a little Saffron put therein, make it up into a paſte, and make therewith Lozanges or Trochichiſes for your uſe.

You muſt get your Crabs for this powder about *May*, or in *September*, before they ſhall be boiled; when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their Doſe is ten or twelve grains, as before preſcribed in the former page.

The powder preſcribed by the Doctors in their laſt London *Diſpenſatory*, 1650, *called by the powder of Crabsclawes.*

Take of prepared Pearls, eyes or ſtones of Crabs, of red Corral, of white Amber, of Hartſhhorn, of Oriental Bezar-ſtone, of each half an ounce, of the

powder

powder of the black tops of the clawes of Crabs to the weight of all the former; make them all into powder according to Art, and with jelly made with the ſkins or caſtings of our Vipers, make it up into ſmall Tablets or Trochiſces, which you muſt warily dry as before preſcribed, and reſerve for your uſe.

The Counteſſe of Kents *powder, good againſt all malignant and peſtilent diſeaſes, French Pox, Small Pox, Meaſels, Plague, Peſtilence, malignant or ſcarlet Feavers, good againſt Melancholy, dejection of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack or Hartſhorn jelly to a Man, and half as much, or twelve grains to a Childe.*

Take of the Magiſtery of Pearls, of Crabs eyes prepared, of white Amber prepared, Hartſhorn, Magiſtery of white Corral, of *Lapis contra Parvam*, of each a like quantity, to theſe powders infuſed, put of the black tips of the great clawes of Crabs, to the full weight of all the reſt, beat theſe all into very fine powder, and ſearce them through a fine Lawn ſearce, to every ounce of this powder adde a drachm of true Oriental Bezar, make all theſe up into a lump or maſs with the jelly of Hartſhorn, and colour it with a little Saffron, putting thereto a ſcruple of Ambergreece, and a little Muſk alſo finely powdered, and dry them (made up into ſmall Trochiſes) neither by fire, nor Sun, but by a dry air: you may give to a man twenty grains of it, and to a childe twelve grains.

FINIS.